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Tuesday Edition



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Issue 01

Welcome Week offers variety of events for students, faculty, staff

KIMBERLY BRYANT
Copy editor

What do the terms "free food," "free music," and "dunking booth" have in common?

The answer: Welcome Week 2003.

The purpose of Welcome Week is to welcome back returning students, freshmen and transfer students.

"First and foremost, [Welcome Week] is for students, but it is also open to faculty and staff because we want to make it fun for everyone," said Barb Treadway-Janousek, director of Student Organizations and Welcome Week Committee

chair.

"It's a good time to meet other students, network and get involved," Treadway-Janousek said.

The planning for Welcome Week 2003, which is hosted by the Milo Bail Student Center and sponsored by the Student Programming Organization, began in May. A committee of students, faculty and staff guided the overall planning.

"Whatever we do, we try to put students first. We try to make it better every year,"

Treadway-Janousek said.

Welcome Week offers a variety of events in which the UNO student can participate.

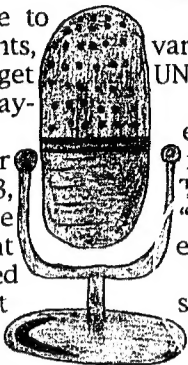
"It's an opportunity for everyone to come out, have fun with friends and eat," Treadway-Janousek said. "It's something where everyone can get involved."

The following is a schedule of events for Welcome Week 2003:

Monday, Aug. 25th (noon-1 p.m.)

Music - Jorge Nilla and the Jazz Ninjas

Food - Grilled Bratwursts and pop



SEE WEEK, PAGE 4

Search for New Vice Chancellor Has Begun

MARION RHODES
News Editor

UNO officials have started the search for a candidate to replace Derek Hodgson, the former vice chancellor for academic and student affairs.

Hodgson has left UNO to become president of Indiana University of Pennsylvania, where he began his new duties Aug. 15. He had served as vice chancellor for academic affairs at UNO since July 1998.

Shelton Hendricks, dean of the College of Arts and Sciences, serves as chairman of the search committee. Other committee members are faculty senate representatives Theresa Barron-McKeagney and Richard File; business and finance representative Julie Totten; academic affairs representative

Linda Mannering; student affairs representative Denise Maybank; alumni representative Kevin Naylor; community representative Keith Lutz; and student representative Zachary Zaiss.

Hendricks said the committee recently held its first meeting and has begun a nationwide search process.

"We placed an ad in the Chronicle of Higher Education, which is the major place for people who are looking for academic administrative jobs... and we created a Web site to support the job search."

So far, about seven or eight people have applied for the job, but more applications come in every day, Hendricks said. The committee will start reviewing applications Oct. 1 and hopes to make a final decision before the holiday break in December.

Until a new vice chancellor has been appointed, John Christensen, dean of the UNO College of Education, will serve as interim vice chancellor for academic and student affairs.

Shelton said the university has high expectations of the new candidate. He said his preference would be to "get Derek Hodgson's DNA and clone him."

Since that alternative falls flat, Hendricks said they are looking for someone who is a distinguished scholar, has interpersonal and leadership skills, a good vision for the university, and a commitment to academic excellence and considering students first.

The finalist also needs to be able to engage with the community, a trait Hendricks considers especially important with UNO being a metropolitan university.

"Those are not easy combinations," Hendricks said. "That may be hard to find."

He said the most likely candidate for the position is someone who is currently a dean. "But that's not a definitive," he added.

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KVNO fully powered, on the air after July crash

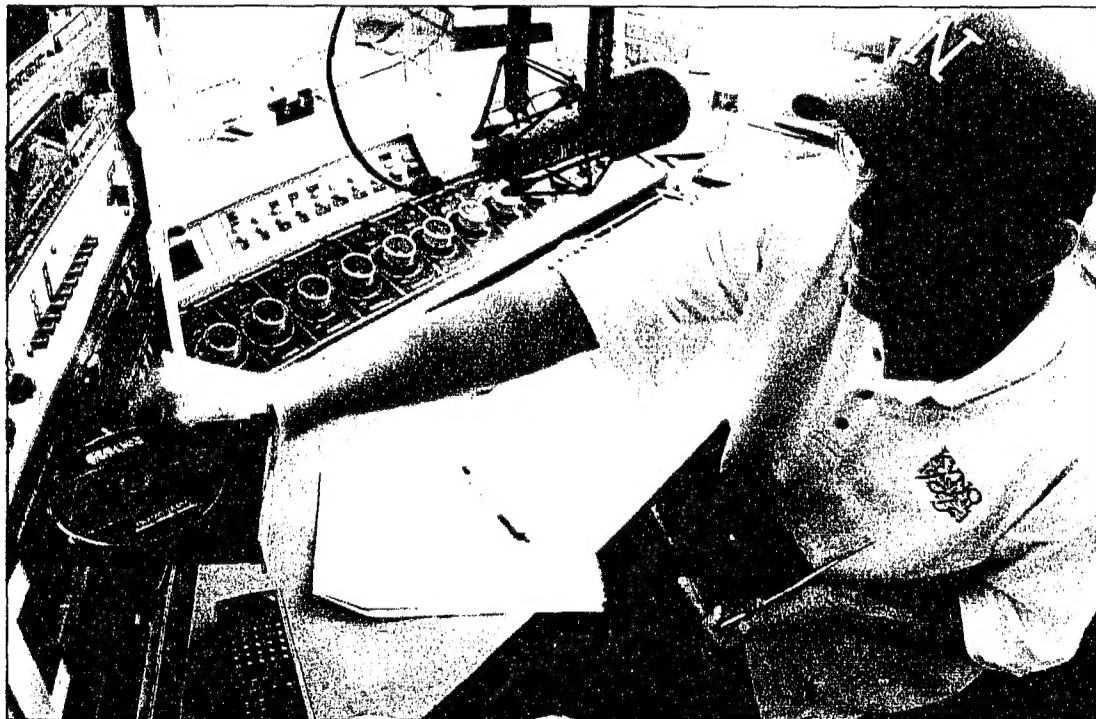


photo by Chris Machian

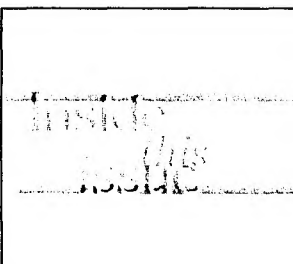
MARION RHODES
News Editor

KVNO Classical 90.7FM is back on the air in full power after the station was knocked off the air when its transmission tower fell on July 4. KVNO partnered with KM3 News and is now broadcasting over the news station's tower space.

Since July 18, KVNO had been broadcasting temporarily from UNO's Henningson Memorial Campanile at reduced power. KVNO dj Joe Rohacik

said the station had received many calls about the loss of the signal including 10 to 20 people who had bought new radios because they thought their old ones were broke. Rohacik said the station also received a call about three people in Fremont who bought laptops just to listen to the KVNO web broadcast.

The radio station will hold an Open House from 9 a.m. to 5 p.m. on Sept. 5 in room 102 of the Engineering Building at UNO. A press conference will be broadcast live starting at 8:15 a.m.



Fulbright
program returns
to Afghanistan
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NEWS

Roundabout in town...



FEATURES

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Former UNO student and
volleyball player in coma
after being struck by
lightning
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Nearly 500 receive honors this summer

MARION RHODES
News editor

Almost 500 UNO students received degrees during the summer commencement ceremony at the Civic Auditorium on Aug. 15.

Sunny Andrews, professor and director at UNO's School of Social Work, said he had never seen a class this large in his 30-year career at the university.

Andrews, who plans to retire in December, received the Chancellor's Medal for extraordinary service to the university at the ceremony.

Other honorees were Dave and the late Liz Karnes, who received UNO's highest community honor, the Order of the Tower, and EvaJon Sperling, recipient of the UNO Alumni Association's Citation for Alumnus Achievement.

Rita R. Colwell, director of the National Science Foundation, was presented with an honorary doctor of science degree.

Graduates included representatives from 15 states and 16 countries. Relief was written all over their faces as they walked out of the Civic Auditorium's arena.

"I did it!" exclaimed LaRhonda Knight, who received a master's degree in public administration.

"It's been a long program, and I'm glad it's over," said Brandon Hultman, who graduated with a master's degree in secondary education.

Student commencement

speaker Jenni Bogenreif summed up the feeling of being graduated after four years: amazing.

"Everything is wonderful," she said.

Bogenreif graduated with a bachelor's degree of science in recreation and leisure studies, recreation therapy concentration.

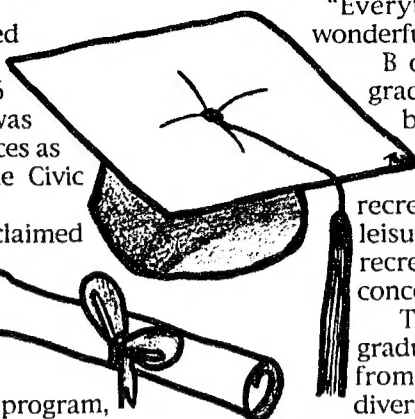
The paths the graduates will take from here are as diverse as the fields they graduated in. While some said they have had enough of school and will focus on their jobs, others are hungry for more knowledge.

Bogenreif said her next step would be to find a job in her field. She has already applied to several places and said she hopes to hear back from them within the next two weeks.

Knight said she'll try to get a job in her concentration for a while but go back to doctorate school probably next year.

Even if they're not planning on getting another degree, some students would like to go back to school simply to expand their horizons. Katie Reuss, a graduate with a master's degree in education, said she'll more than likely continue her learning experience next to her job as a first grade teacher with the Millard Public School District.

"I'll just take random classes," she said. "Just for fun."



Students settle in the new Scott Village

MARION RHODES
News Editor

Scott Village, the latest addition to student housing at UNO, opened its doors for students on Aug. 15.

The village, located near 67th and Pacific Streets on UNO's south campus, offers beds for 480 students. It consists of 10 buildings, each with 12 four-bedroom furnished apartments that include a full kitchen, a living room, two bathrooms and decks or patios.

With that service, speaking of "dorms" would be an understatement.

Jonathan Orlich, property manager for Scott Village, said, "We're not sure what we're calling them now." For lack of a better term, they've been calling them "suites."

Originally, only one hall was scheduled to open this fall. The remaining halls were scheduled to open by 2004.

The village also includes a clubhouse with laundry facilities, study area, pool table and a TV



Adam Tacey (left) and Noah Brase, play volleyball at the new Scott Village Residence halls Saturday afternoon.

lounge, as well as outdoor basketball and sand volleyball courts.

Orlich said the suites are above the national standard for student housing.

"I think at this time, it's special. But I think the trend is to go to more substantial housing."

Every bed in the village is

already booked for the year. Orlich said about 40 students are still on the waiting list.

For a one-year lease at Scott Village, students pay \$375 a month. That includes all utilities, high-speed Internet access and basic cable. The only thing

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Interim Associate Dean takes advantage of new position in the College of Business

CARRIE ZAAZER
Senior Staff Writer

Amy Risch Rodie, associate professor of marketing and management, has been named the interim associate dean of the College of Business Administration for the 2003-2004 school year.

Rodie has been part of the UNO faculty since 1994. She earned her Ph.D. at Arizona State University, and she typically teaches principles of marketing and consumer behavior as well as an executive MBA class.

She said she sees her new position as a sort of

internship in the dean's office and an opportunity to learn what goes on in administration.

"There [are] a lot of faculty members who just don't have this kind of opportunity, so I'm lucky," Rodie said.

She said the college is in an interesting position because there are two interims in the dean's office. Louis Pol has assumed the other interim dean position.

"He and I have both been in the college for a long time, so I think it's going to be pretty positive," Rodie said. "We're really encouraged."

Both do not want to put things on hold just because of the transitions the college is undergoing, she said. They want to make plans and lead the college in things that are important to the faculty.

Rodie said the college has strong faculty commitment and involvement.

She said her place in administration is completely different than her former faculty position. As the associate dean, many faculty members rely on her to assist with problems or issues.

The college also has a

SEE DEAN, PAGE 4

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Spotlight on John Christensen

MARION RHODES
News Editor

John E. Christensen, dean of the college of education, is serving as interim vice chancellor for academic and student affairs until a replacement for the former vice chancellor, Derek Hodgson, has been found. The Gateway talked to Christensen about his new responsibilities.

Gateway: Christensen, will you maintain your position as dean of the college of education in addition to your duties as vice chancellor?

Christensen: John Langan is the acting dean of the college of education while I serve as interim vice chancellor. I will continue to serve as the College of Education representative on the steering committee of the Metropolitan Omaha Educational Consortium.

G: What are your thoughts about your new position?

C: The interim position that I now hold will be exciting as well as challenging. Perhaps the most pressing issues are related to facilitating a smooth transition with respect to the merger of academic and student affairs. This merger is the result of some campus restructuring, and it is my opinion that once completed, students, staff and faculty will realize a number of benefits resulting from the reorganization.

G: Do you have any advice for new students at UNO?

C: Get involved in the campus life, make some new friends, find a way to help a fellow student, attend class, and have some fun as this is a special



John Christensen, dean of the college of education, is serving as interim vice chancellor

time in your life.

Staff Writer Linda Sedjiro contributed to this interview.

FROM DEAN, PAGE 3

variety of faculty committees, in which Rodie use to serve on. Now, she will act as the dean's representative to all of those committees.

"It's similar, but now I'm representing a different constituency," she said. Since Rodie had offered a special topics course for the fall and 45 students signed up, she is going to be teaching even though that is not a normal duty of the associate dean.

"I do love to teach, and because this is not a teaching job, that was a really difficult decision," Rodie said. "It's an interim position, so after a year I can go back to the faculty. It's the best of both worlds I think."

She said that if she decides administration is something she enjoys at the end of the year, she might want to pursue it in her career.

"I feel a lot of appreciation to Louis Pol and I'm really pleased to be working with him," Rodie said. "This is just a wonderful opportunity for me to learn a lot of new things about a different part of academics."

FROM SEARCH, PAGE 2

Hendricks could not give out any information about the applicants due to confidentiality regulations. However, he said that among them is one or more applicants currently working at UNO.

The current budget situation at UNO should not have a big impact on the search, Hendricks said.

"It might make it difficult to attract someone from a very stable and successful private university," he said, but public universities face the same issues nearly everywhere around the country.

Whether the position is filled with an internal or an external candidate, the university is likely to benefit. An internal candidate often makes people feel safer, but when you know someone's strengths, you may also know that person's weaknesses, Hendricks said.

"The advantage from an internal candidate is that we have someone who knows the institution extremely well. But the advantage of an external candidate is that it's someone who brings fresh ideas and perspectives to the institution."

FROM WEEK, PAGE 2

Activities - Dunking booth on the MSBC Plaza
Kicking contest in Pep Bowl

Tuesday, Aug. 26th (noon-1 p.m.)

Music - Pomeroy (sponsored by SPO)

Food - Hamburgers

Activities - Basketball shots on the MSBC Plaza

Wednesday, Aug. 27th (noon-1 p.m.)

Music - Rhythm Collective

Food - Chicken sandwiches (provided by Union Pacific Railroad)

Activities - Hockey puck challenge and limbo contest on MSBC Plaza

7 p.m.- Brian Brushwood Magic (sponsored by SPO)

MSBC Nebraska Room

Free admission and free food

Thursday, Aug. 28th (11 a.m.-1 p.m.)

Music - Karaoke and music by KBUL DJ

Food - No food L

Activities - Clubs and Organizations fair on the MSBC Plaza

Strolling by National Pan-Hellenic Council groups

Football throw in MSBC Plaza

8 p.m.- Drive-in movie (8 Mile) in Pep Bowl

Free admission and free snacks

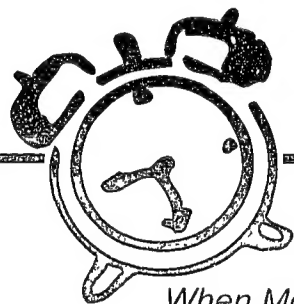
Friday, Aug. 29th (noon-1 p.m.)

Music - KBUL DJ

Food - popsicles

Activities - Bench press and breakdancing contest in MSBC Plaza.

415 p.m.- Soccer pep rally at Aksarben



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Please note that career services have been reassigned to other areas on campus. The following information will direct you to these resources:

For services relating to...	Please contact or visit...
On-Campus Employment <ul style="list-style-type: none"> • Work study positions • Student worker positions • Graduate Assistant positions 	Human Resources EAB 205 554-2321
Teacher Recruitment <ul style="list-style-type: none"> • Credential files • Teacher recruitment counseling 	Teacher Recruitment EAB 115 554-2885
Off-Campus Employment <ul style="list-style-type: none"> • Career fairs • Recruiting/interviewing • Resume Partner II • Job search (part-time/full-time) • Presentations/workshops • Employer resources 	Outreach Services EAB 106 554-2612
Career Exploration <ul style="list-style-type: none"> • Career counseling • Resume review • Choosing a major 	Your Academic College Dean's Office



Today

Noon-1 p.m.

On the "Plaza"

- Listen to the sounds of the band Pomeroy.
- Shoot baskets on the plaza.
- Enjoy free hamburgers for lunch!



Wednesday, 8/27

Noon-1 p.m.

On the "Plaza"

- Music by the band Rhythm Collective
- Enjoy free chicken sandwiches!

7 p.m.

MBSC Nebraska Room

- Brian Brushwood Magic Show
- Free admission and free food
- Sponsored by Student Programming Organization (SPO)



Thursday, 8/28

11 a.m.-1 p.m.

On the "Plaza"

- Clubs and Organizations Fair
- Listen to K.B.U.L. disc jockeys and/or sign up for karaoke
- Football throw and NPCH stroll

8 p.m.

"Pep Bowl"

- Drive-in movie: "Eight Mile"
- Free admission w/ free snacks!
- Sponsored by SPO



Friday, 8/29

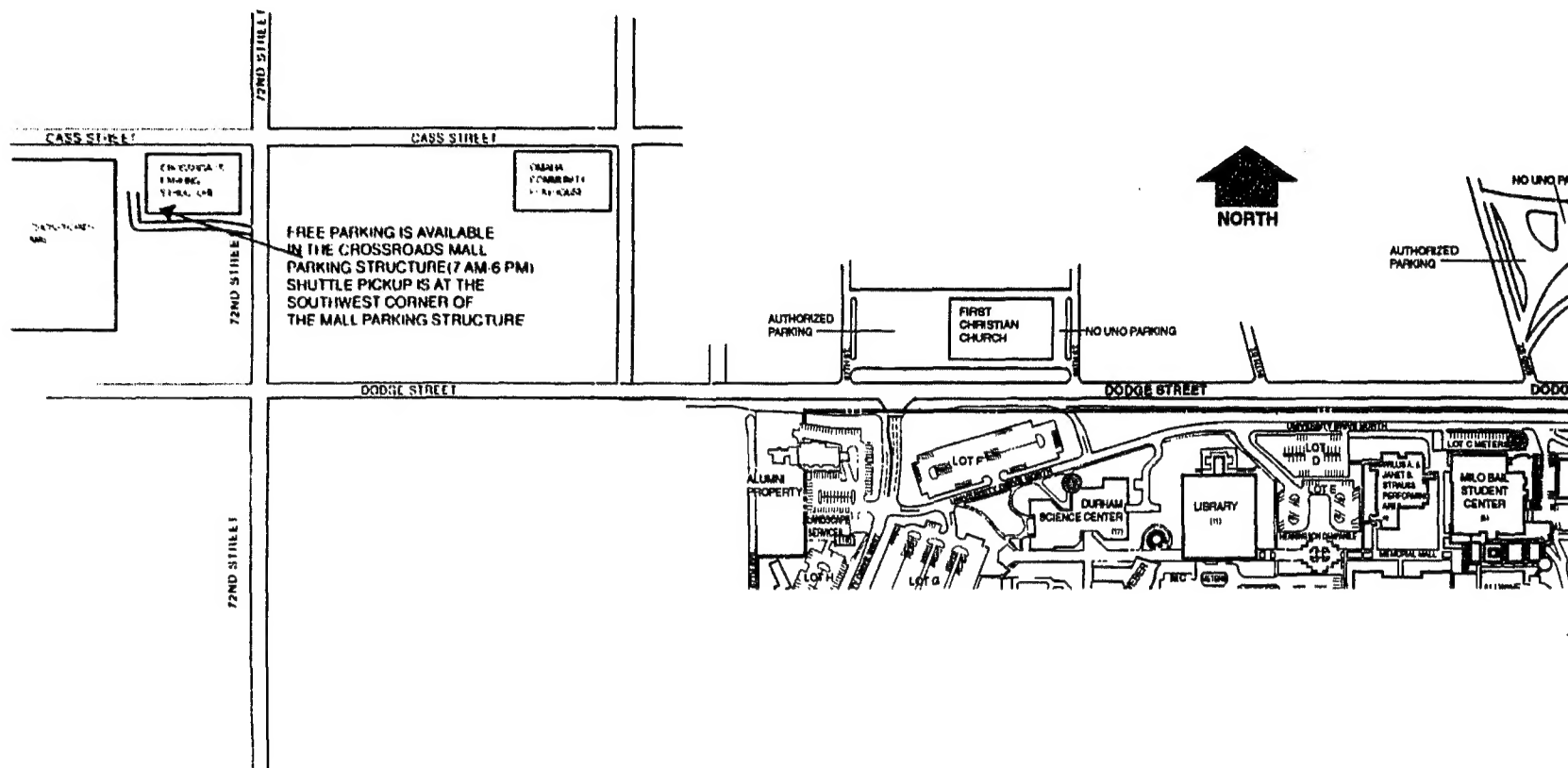
Noon-1 p.m.

On the "Plaza"

- Mix it up with K.B.U.L. disc jockeys.
- Show your May spirit at the pep rally for the school.
- Break dance with your friends.
- Cool off with popicles!

The bull stops here.

REMOTE PARKING



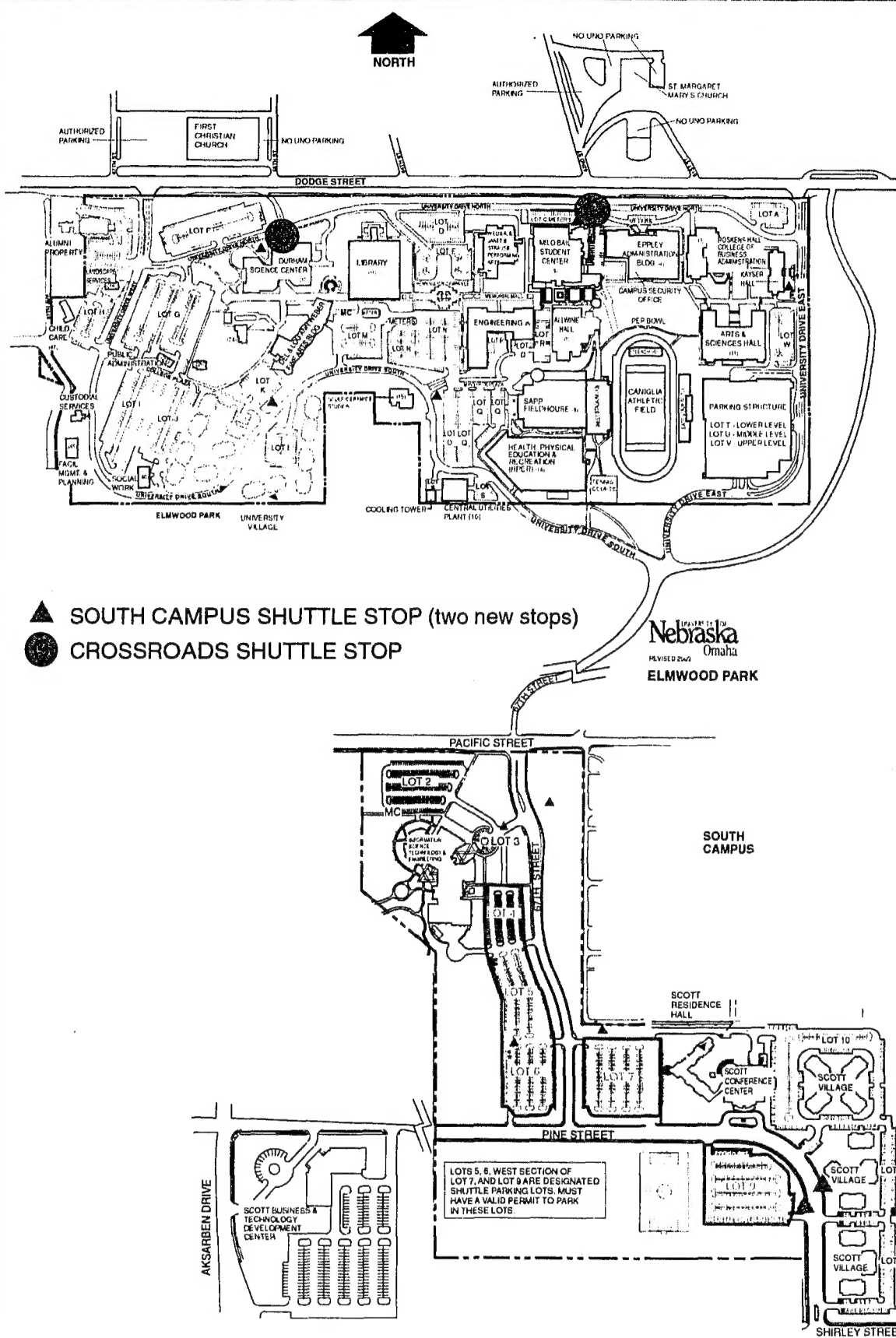
REMOTE PARKING: Crossroads Parking Structure

To help ease your parking woes, UNO now provides remote parking from the Crossroads Parking Structure located at 72nd and Cass Streets. Hours are 7 a.m. to 6 p.m. Shuttle service is provided free of charge and no permit is required.

Shuttle buses load and unload at the Southwest corner of the Crossroads Parking Structure approximately every 15 minutes making stops ONLY north of the Durham Science Center and north of the Milo Bail Student Center. The Shuttle buses return directly to the Crossroads after the stop at MBSC.

The Remote Parking Shuttles will be marked to distinguish them from the shuttle buses that service the shuttle parking on the South Campus.

Campus Security
554-2648



SHUTTLE PARKING: South Campus Lots 5, 6, 7 and 9

The University of Nebraska at Omaha provides Shuttle Parking on the South Campus between the hours of 6:30 a.m. and 10:30 p.m. Monday through Friday. A VALID PERMIT IS REQUIRED.

Shuttle buses leave the South Campus and the UNO campus approximately every 15 minutes making stops south of lot N, along University Drive South at the three-way intersection, south of Lot K along University Drive South, north of the Durham Science Center, north of the Milo Bail Student Center, east of Kayser hall, east of PKi (circle drive) in Lots 5, 6, 7 and 9, west of Scott Village and east of PKi along 67th Street.

The shuttle bus loads/unloads in Lots 5, 6, 7 and 9 on South Campus.

The shuttle parking buses will be marked to distinguish them from the remote parking buses that service the remote parking area at the Crossroads.

Parking:

- \$60 Student (Valid all day)
- \$30 Student Night Only (Valid on campus after 12:30 p.m.)
- \$70 GTA (Restricted to Faculty/Staff lots only)
- Parking Structure Access Card, if available \$20
- Parking Structure Access Card deposit \$5

Access to the Parking Structure will be available for a fee of \$1 after 12:30 p.m. No parking permit is required after 12:30 p.m. in the parking Structure.



Girls get a taste of sorority life during recruitment week

BETH FLYNN
Staff Writer

While most students last week were saying good-bye to friends and family to prepare for college, about 80 girls were experiencing the sorority lifestyle.

Recruitment week, formerly called Rush week, began Aug. 18 and ended Aug. 23.

The girls spent time with four of UNO's sororities: Alpha Xi Delta, Chi Omega, Sigma Kappa and Zeta Tau Alpha.

Throughout the week, events were planned every night. The girls spent time getting to know each other by talking to one another, performing skits and getting a taste of what it is like to be in a sorority. Saturday was the new member pick-up day.

Along with Greek and Leadership advisor Shawn Cook, a committee of eight girls worked very hard to prepare for the week's events.

Recruitment begins in the summer with fliers sent out to female students between the ages of 18 and 23. Cook said they try to target the freshmen.

Recruitment week is very important to both those rushing and those recruiting. This is the time for

girls to decide whether or not they would like to join a sorority and which one they would like to join.

Deciding which sorority to choose can be difficult. The girls were able to spend time with every sorority so they could ask questions and find out more information about what they did and why they should join.

Cook said the girls are selling themselves to the sororities and the sororities are selling themselves to the girls. The girls choose and are chosen based upon a "mutual selection process."

Cook explained that in this process, the girls have a list of which sororities they want to join, and the sororities have a list of which girls they want to recruit. For the most part, every girl who is chosen actually joins.

Girls who decide to rush for a sorority receive a guideline book with explanations of what to expect for the upcoming week.

The week began with an informal orientation where the girls met the counselors and the other girls and were told what would go on for the rest of the week.

The book also explained the guidelines for what the girls were

SEE GIRLS, PAGE 9

Campus News Briefs

BY MARION RHODES
News Editor

Sorority holds book drive to support OPS

The Gamma Xi Chapter of Delta Sigma Theta Sorority Inc. is sponsoring a book drive to support Omaha Public Schools.

The Delta Read Project Book Drive runs until Sept. 30. Collected children's books will be donated to select area schools. Donation boxes are posted at Baker's Supermarket, 5018 Ames Ave., UNO's Multicultural Affairs Office, 6001 Dodge St., and Studio FX Salon, 6417 Ames Ave.

The sorority will also host a back-to-school party this Friday, Aug. 29 at the UNO Alumni Center, 67th and Dodge St. Admission is \$5 and \$1 off with a book donation. A portion of the proceeds will benefit the Gamma Xi Scholarship for high school seniors.

UNO students win photojournalism contest

Several UNO students received honors in this year's Nebraska New Photographers Association student contest. First-place winners at UNO were Angela Weaver in general news, Mike Wang in features, Bianca Cuer in sports and Patricia Lilyhorn in personality profile. Other winners were Rodney Silva, second place; and Bianca Cuer, third place in general news; and Jeremy Kalina, second place in features.

UNMC Cancer Center establishes fund

The UNMC Eppley Cancer Center has established a fund to advance cancer research and care. The fund, called Liz' Legacy, is in honor of Liz Karnes, an Omaha community leader who died earlier this year after a 12-year battle with cancer.

The fund will be managed by the University of Nebraska Foundation and will help support research at the Cancer Center.

Career Center restructured

The UNO Career Center has been restructured in an effort to improve service and increase efficiency. The following changes have been implemented:

Student Employment Service has relocated to Human Resources, Room 205 of the Eppley Administration Building. Emily Muckerheide and Stella Watts have moved to Room 205 of Eppley.

The Teacher Credentials/Placement Service has relocated to Room 115 of Eppley.

Effective immediately, all inquiries for internships, off-campus employment opportunities and career fairs should be directed to Bill Swanson, assistant to the vice chancellor for administration at UNO. He is housed temporarily at Room 106 of Eppley and can be reached at 554-2612.



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FROM SCOTT, PAGE 3

students have to pay for in addition is their phone bills. Students can also add a meal plan if they choose.

Scott Village is operated by the Suzanne and Walter Scott Foundation, which financed the housing units and hired College Park Communities, a company based out of Newton Square, Pa., to manage the property.

Brigitte Hertlein, who used to work as a resident advisor at University village on the main campus and is now resident director at Scott Village, said the two villages are very similar in layout. She added that Scott Village has better buildings and more spacious rooms. University Village was UNO's first residence hall and opened in the fall of 1999. It houses 556 students.

In contrast, Scott Residence Hall on the south campus is a true dorm setting with one kitchen on every floor, a mini refrigerator and microwave in each room, and only a small commons area. It opened in 2000 and has beds for 164 students.

Students can indicate a

preference for where on campus they want to live.

"It allows the students to choose of what style and where they want to be," Ollich said.

Freshman Allison O'Doherty said she chose Scott Village because the rooms had "never been lived in" and she had heard how nice they were. Since the rent for Scott Village includes free parking and shuttle service to the university's north and south campuses, she also looks forward to not having to worry about driving and parking on campus, she said.

Living on campus may bear a few more restrictions than living in an off-campus apartment. Residents have to follow the UNO code of conduct, adhere to quiet hours, can't have alcohol in their rooms, and the only pets they are allowed to have are fish.

Allison said she doesn't mind these regulations, though, because of the payback she gets from living on campus.

"To be on campus feels more like being a part of college."

FROM GIRLS, PAGE 8

supposed to wear each night, information about each sorority, what it means to be in a sorority, financial information, a list of Greek terms for newcomers and finally the form to fill out for those who chose to join a sorority.

Many new girls went into Recruitment Week without knowing exactly what to expect. By the end of the week, they had learned what it means to be in a sorority and what being a sister would entail.

Joining a sorority is more than just fun and games and being a sister. "[Girls] can have a life outside of

the sorority, but they have obligations they must fulfill," Cook said.

Different sororities do different community service projects while making lifelong friends.

As recruitment week went on, sororities encouraged girls to be themselves and share their uniqueness. The groups are looking for girls who are individuals and who can add to their sorority.

Fall Recruitment Week is considered the formal recruitment, but girls can run in the spring if they choose. However, space in the spring is more limited.

Student Health Services

Your full service medical clinic located on the 1st floor, MBSC

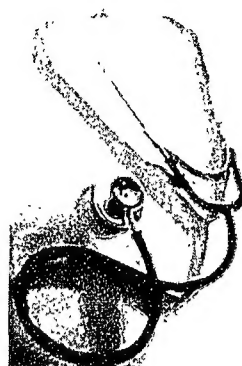
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Office Hours:

Fall and Spring Semester

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Student Government is back in action

MARION RHODES
News Editor

Getting more students' input to analyze problems is the main goal of student government this semester.

Joe Bilek, president of student government, said the most important issue the body will focus on is trying to get more student voices to understand what's working and what's not working.

The quest for a more active involvement from the students started last year after the student relations committee dissolved, Bilek said. That's when he and some student senators had the idea to try to get "more people talking."

"All last semester, we tried to get it off the ground," Bilek said. However, "It didn't develop as fast as we all hoped. But this year, we're definitely planning on implementing everything that we have designed."

A special committee is responsible for identifying problems, looking for ways to solve them, and then trying to get those solutions worked through.

Student government has two other big plans. One is to increase communication between the university's student representatives and state senators.

Bilek said he wants to make sure education will be given more consideration in case of future budget cuts on the state level.

"As student government, we're trying to take a more aggressive

stand at meeting with these state legislators to try to get them to understand that this is a priority for the state, our education," he said.

Student government will work with senators from all over the state to get them to understand how important it is to get more federal money coming down towards the universities, Bilek said.

They also hope to get some state senators to come to Omaha for luncheons and other meetings with students. Bilek said he didn't know yet whether those meetings would be open to the general student body or limited to members of student government.

With students spread out over the different campuses and the rest of the metro, bringing students together is a big goal for Bilek and his cabinet.

That's why the third big project of student government is working with the university's athletic department in trying to create a new \$5 ticket for students to see hockey games in the new Convention Center and Arena's student section.

Being successful in this project would give students "a really, really unique chance to go experience a division one hockey game that will hopefully be really good this year, and then experience the nightlife of the downtown atmosphere," Bilek said.

"I think that it's going to be a great time to participate in to give more unity to the students on campus."

Campus recycling returns to UNO

MARION RHODES
News Editor

The campus paper and cardboard recycling program returned to UNO July 1 after it had been canceled in March due to the university's budget reduction plan and a significant increase in the program's transportation cost.

Jim Veiga, director of landscape and environmental services at UNO, said quite a number of faculty, students and staff had voiced concerns about the program's discontinuation.

"Most were disgusted that we stopped the program," he said.

UNO has aligned with the Weyerhaeuser Recycling Co. to continue its recycling efforts at a lesser cost. By making the program more efficient, UNO will save about \$14,500 in annual labor cost.

After the initial program had been stopped, some faculty members kept recyclable materials in their offices or took them home with them to continue their efforts to help the environment.

"In Kayser Hall, the second floor entry was difficult to walk through because it was stacked with recyclable materials," Veiga said. Those piles of paper and cardboard have been picked up by now.

UNO's recycling program is limited to offices only. Veiga said recycling in classrooms and public areas would be hard because of product contamination.

"Some just don't care and throw anything into any bin," he said.

At the time of this interview,

UNO was recycling the same materials as before. Paper products that can be recycled at UNO include the following:

- White, colored, ledger, shiny/coated, carbonless or NCR, and onionskin paper.

- Window, labeled and craft envelopes.

- Miscellaneous items such as books, brown paper tape, cardboard, computer printouts, card stock, corrugated paper cartons, keypunch cards, labels on envelopes or papers, magazines, newspapers, phone books, Post-It notes and spiral notebooks with metal.

Items that cannot be recycled include restroom paper products and food service paper product wrappings. It is okay to leave small amounts of scotch tape, rubber band, paper clips or staples on paper to be recycled.

Veiga said he has discussed carpet recycling with the Weyerhaeuser company but hasn't reached any further coordination so far.

The university doesn't take its recycling efforts lightly. An avid recycler himself, Veiga said, "Those who believe it's a waste of time need to remember when they were young and they took the pop bottle back to the store and exchanged it for a tootsie roll."

He added, "I do know at least two students now know how serious we are about not contaminating the materials, because I was present when they threw three cases of cans in the bins and I watched when they removed them."



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Location: Our office is located in the Eppley Administration Building room 109. The office is open 8 am to 5 pm, Monday through Friday during the academic year and 7:30 am to 4:30 pm during the summer.

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UNO's center for Afghan studies reintroduces the Fulbright program to Afghanistan

CARRIE ZAAYER

Senior Staff Writer

With the aid of a federal grant, the Center for Afghanistan Studies at UNO is reintroducing the Fulbright Program to Afghanistan, which has been inactive for 25 years.

The Fulbright Program is a scholarship program that aids the international educational exchange of students and faculty between the United States and other countries. The re-established program will bring a group of Afghan students to study in various American universities for a period of six to 12 months.

Thomas Gouttierre, dean of International Studies and Programs and director of the center, said the basic objective of the Fulbright Program is to promote the mutual understanding between nations through international educational exchange.

"There hasn't been any of this between the United States and Afghanistan for 25 years," Gouttierre said. "It demonstrates to the Afghans that there's one more step being taken to bring them into the community of the world's nations."

He said the U.S. State Department asked UNO to serve, at least temporarily, as the Fulbright Office for Afghanistan.

"I think that's a real feather in the university and the center's cap," Gouttierre said. "It is a prestigious program."

The money UNO received is going to the implementation and administration of the program. Over the summer, A. Raheem Yaseer, assistant director of International Studies and Programs in the center, went to Afghanistan to begin recruiting applicants.

With the support of the American Embassy in Kabul, the Ministry of Foreign Affairs and the Ministry of Higher Education, Yaseer advertised the program through the universities, ministries and media outlets, including interviews with the BBC, Voice of America and Radio Free Afghanistan.

He said they are expecting between 250 and 300 applicants. The transcripts and documents from the applicants will be verified through

the Ministry of Higher Education. The applicants then will take a general knowledge exam and an English language exam. Those who pass the exam will go on to interviews with a panel comprised of Americans and Afghans.

Yaseer said the chosen group of students would be given a two-week orientation in Afghanistan and then an eight-week orientation in Omaha, beginning early November. The Institute of International Education will place the students in different universities.

The Fulbright Program is an open scholarship program so anyone is eligible to apply without a nomination by the government or an influential body, Gouttierre said.

"We're moving methodically," he said. "We want to make sure it is done correctly, that there be no breaching of the openness and fairness that is required to make this a truly Fulbright Program."

Yaseer said the program would benefit students who were unable to finish their degree or move on further in a country affected by war.

"This will sort of qualify them for getting better jobs back home and having more confidence and knowledge of conducting the reconstruction project in progress," Yaseer

said.

Gouttierre agreed that it would benefit the students by giving them an opportunity to top off an undergraduate degree and bring them up to date in their field of study.

"It'll be a benefit for Americans because they'll get to have increased opportunities to meet Afghans and have them study at their institutions and in their communities," Gouttierre said. "It's bound to help the mutual understanding between Afghanistan and the United States."

Yaseer said the areas of study are limited this year. For example, there are no agriculture, engineering or many science subjects.

"We are hopeful that the program will expand and extend to other areas and more people will benefit from it," he said.

In the fall of 2002, through a special Fulbright grant, UNO hosted a group of 13 Afghan women in a teacher-training program. Gouttierre said UNO has been awarded an additional \$600,000 grant to conduct three more of those programs over the current academic year.

"We'll have anywhere from 30 to 36 more women coming to study in Nebraska just like they did last fall," Gouttierre said. "We're very excited about that."

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Chancellor Belck still motivated in the midst of budget reductions

LINDA SEDJRO
Staff Writer

In spite of the difficulty of the recent budget cuts, UNO Chancellor Nancy Belck is still motivated by her job and vows to continue working with students, faculty and staff.

"My motivation now is the same as always — to continue working with students, faculty and staff to move the campus ahead, emerging a stronger, more focused institution," Belck said in an E-mail interview.

The senior chancellor in the four campus NU system, chancellor Belck said she is pleased to have served UNO for the past six years. She said she would characterize those years as challenging and exciting.

During her nearly 30-year career in higher education, she has served as a graduate assistant, provost and chancellor. Belck's career has taken her through different institutions including the University of Tennessee, Michigan State, Central Michigan and Louisiana State.

Before coming to UNO in August of 1997, Belck had served as chancellor of Southern Illinois University at Edwardsville for three years.

One of Belck's goals for the

University has been keeping the focus on what is important.

She said the university has had tremendous progress because of the university's focus on students, emphasis on academic excellence and its engagement with the metropolitan community.

This has resulted in an increase in enrollment, retention, as well as the establishment of academic programs such as those at the South Campus at the Peter Kiewit Institute.

The budget reductions undergone by the university have brought change in the administration, such as the reorganization of the career center and the reduction of vice chancellors from four to two.

However, Belck advised UNO students not to be distracted by the reductions but encouraged them to get involved in campus activities.

Belck said these reductions challenge the university to look at different ways of doing things in a better way.

"I dislike the budget reduction," Belck said. "We all could do without budget reductions. This distracts from the real business of a university — serving students. But this is a great time to be in Omaha, in Nebraska, and at UNO."

Enrollment increase requires UNO to add more courses, sections

VALERIE CUTSHALL
Senior Staff Writer

The University of Nebraska at Omaha has added many new classes to its curriculum. Because of enrollment demands and pressures, new classes have been added to several programs such as mathematics, communication, English and business.

Due to the increase in enrollment, the demand of each course and the capacity of each section will determine how many additional sections will be added to the curriculum. The deans of the colleges monitor enrollment pressures and the sections of all courses and try to determine whether or not increasing class size or adding new sections will accommodate the students' needs.

"The number one priority to each of the deans in all of the colleges is that we accommodate the students [so] that their schedule and flow through their courses is not impaired or interrupted," said John Christensen, interim vice chancellor for academic and student affairs.

Enrollment at UNO is up due to a substantial increase of incoming freshmen. Therefore, the demand for courses that are general education classes, or those that can fulfill general education classes, is high, especially since most of them are required courses.

"The number of courses and sections offered to accommodate students is getting close to accommodating the students, but the courses will be monitored after the opening of the sections," Christensen said.

Most of the changes to expand the curriculum will be made by expanding the number of currently offered courses and sections to meet the student demand. Even if new courses are not added, the university may offer additional sections to the high-demand courses to help increase the capacity of a certain course.

By adding more sections, a larger number of seats will be available to students.

Because of the budget cuts, the process to accommodate everyone is very difficult.

"The situation with the budget cuts made our ability to have as much flexibility in the past limited. But the deans, the chancellor and myself have a commitment to make sure we serve the students the best way we can," Christensen said. "Putting dollars into adding courses and sections is one of the highest priorities to make sure we have enough seats for the amount of students we have here."

Christensen also advised students to do their part and register as soon as they can to reduce the chance of the courses closing.

No summer breaks for UNO administrators kept busy from changes

LINDA SEDJRO
Staff Writer

Heavy winds, budget cuts and more kept the University of Nebraska at Omaha busy during the summer months.

If you were gone during the summer, here are some of the big happenings at the university that you may have missed.

In June, Derek Hodgson, the vice chancellor for academic and student affairs, announced his appointment as president of Indiana University of Pennsylvania. His last official day at UNO was Aug. 15. John E. Christensen, dean of the College of Education, has been named interim vice chancellor for academic and student affairs.

During an open forum discussion with UNO staff on June 5, UNO chancellor Nancy Belck announced a budget reduction at the university of 4.7 percent instead of the 10 percent proposed by Gov. Mike Johanns. This final cut, which is the fourth in 18 months, resulted in a \$3.8 million decrease in money for UNO.

In addition, the UNO board of Regents has adopted a proposal to raise tuition 15 percent this fall and another 12 percent after July 1, 2004.

UNO's radio station KVNO was knocked off the air July 4 when the KETV-Channel 7 tower, located at 72nd Street and Crown Point Avenue, collapsed for unknown reasons.

KVNO is now back on the air and broadcasting from KM3 News' tower.

The summer has always been a time to enjoy arts and concerts.

Chancellor Belck said one of the university's summer highlights was the European tour of the UNO Jazz Ensemble in June, where it represented the university in the Balkans.


"It's made us very proud with its successful tour of the Balkan states where the group performed before large audiences in Estonia, Latvia and Lithuania, including an International Jazz festival," Belck said.

But even at home in Nebraska, the summer was filled with various art performances. One of those was the annual Shakespeare on the Green Festival in July. However, the festival took a big hit when heavy wind destroyed one third of its set on July 5.

In sports, a significant event was the capture of the first women's all-sports trophy by UNO women's athletics. The Mavericks earned a total of 128 points and beat North Dakota by 12 points.

This summer recap would not be complete without mentioning the completion of the new Omaha Convention Center and Arena.

Chancellor Belck said: "Our Maverick Hockey team is looking forward to their season in an exciting new home."



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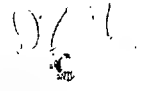


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Proper nutrition for student life

MARION RHODES
News editor

Eating breakfast is important. Skipping breakfast will make you lose weight. You should eat three meals a day. No, five meals a day are better for you. Eat meat. Meat is bad for you.

Excuse me?

With new findings about the "right" nutrition being published almost weekly, it is no wonder that many people come up with their own diets. Their guidelines: whatever works for them.

Marcia Adler, coordinator of UNO's Student Health Services, said students are especially inventive when it comes to new diets.

"The college population has a tendency to want to try new ideas," she said. From the all-meat to the all-vegetable-soup diet, they will not get tired of experimenting.

Paula King, a senior at UNO, has found her perfect diet. King is a vegan, which means she doesn't eat any products that come from animals. The only downside to her diet is that her

choices are very limited when it comes to eating out, she said.

When other students gather around the food court in the student center, King usually sits in one of the

lounges,

unwrapping a pickle sandwich or fruit.

"I have to bring all my stuff from home, because there is not a lot here," she said.

If King is on one extreme side of the food spectrum, freshman Corey Porter would be on the other. His motto: "I'll get whatever is cheapest."

He admits he doesn't exactly eat healthy most of the time. Sometimes all he has all day is pop. Other days, he'll eat several pizzas, he said.

Porter said he has no plans of exchanging his diet of fast food and chips for a more diverse diet any time soon.

"I don't really have a problem with it," he said.

"If I get a problem, I will."

Students may be happy with their eating habits as long as they don't experience any downsides.

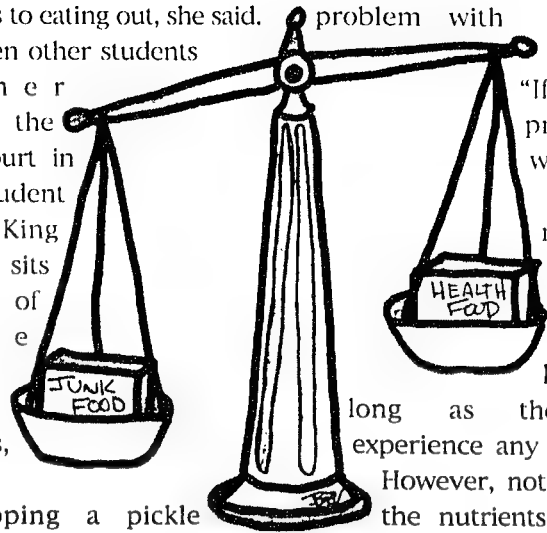
However, not getting all the nutrients you need may cause problems you aren't even aware of, Adler said.

"I do worry about those students who aren't consuming foods from all food groups," Adler said. Those groups are: bread, cereal, rice and pasta; fruit; vegetables; milk, yogurt and cheese; meat, poultry, fish, dry beans, eggs and nuts; and fats, oils and sweets.

Yes, fats.

"For our brains to work, we need a certain level of fat intake," Adler said. Otherwise, a lack of concentration or fatigue

SEE LIFE, PAGE 22



Mav Tracks

MARION RHODES
News editor

Did you know that UNO will reward you for a healthy lifestyle? Through the Mav Tracks program, you can earn points for activities you may already be doing. And if you're not doing them, the program offers you an incentive to do so.

Mav Tracks rewards activities related to all aspects of health: physical, social, emotional, intellectual and spiritual.

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You can do the activities anywhere, whether at the gym or your living room.

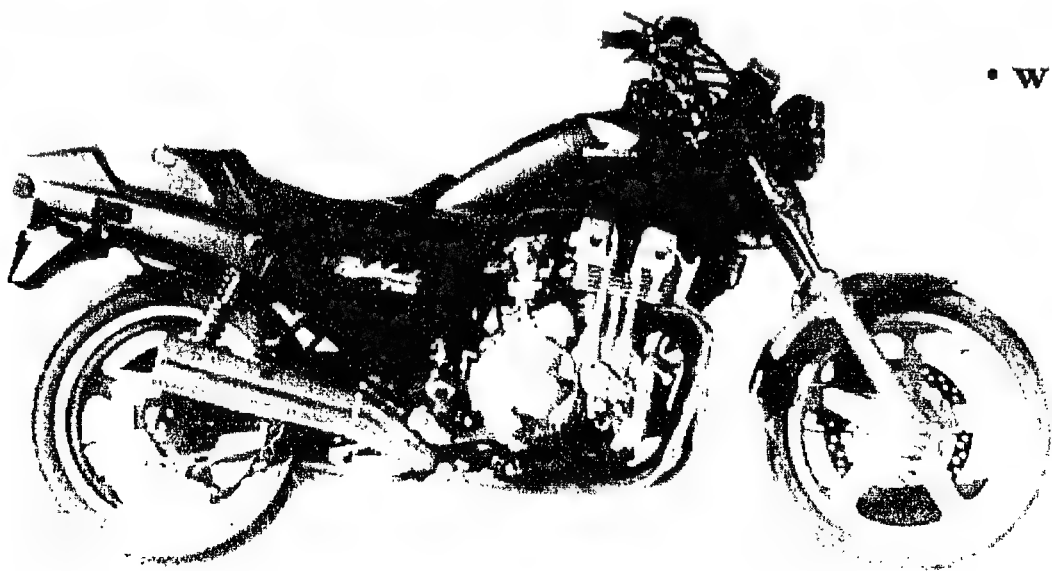
Points, or as the program calls them, "hoof prints," vary with each activity and range from two hoof prints for wearing your seatbelt to 10 hoof prints for participating in preventative screenings.

Students who earn 300 hoof prints or more reach prize levels and can win T-shirts, sports bottles, calculators, sweatshirts and more.

To participate in Mav Tracks, students must fill out a registration form, available at the Health, Physical Education and Recreation Building, Room 100. They then record their activities on an honor basis and turn in their logs after each month.

If you have questions about the Mav Tracks program or would like to participate, contact Stacie Vainiunas, graduate assistant for fitness/wellness, at 554-3917, or e-mail svainiunas@mail.unomaha.edu.

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Good habits keep dorm residents happy, healthy

KIMBERLY BRYANT
Copy editor

For many students, college is a time to meet new people, gain further knowledge and have new experiences.

One of those new experiences is being away from home for the first time and living in dorms.

While dorm life can be a fun, independent time for students, it can also wreak havoc on their bodies. Late-night study sessions, unhealthy eating and sleeping habits and maintaining a social life can harm a student's health.

There are many ways dorm residents can keep themselves healthy and ready to handle all the opportunities college has to offer.

Establish a normal routine

"One of the very first things — and it is such common sense — is to establish a normal routine," said Marcia Adler, coordinator of Student Health Services. "Get to bed at a reasonable hour. College

students still need 7 to 8 hours of sleep at night, regardless if they need to go to school, work, or play."

Discuss with your roommate(s) when your room will be used for studying, socializing and sleep. Try to establish a normal sleeping routine.

Eat healthy and stay hydrated

Dorm residents "need three meals a day," Adler said. "People who stay up all night, skip breakfast and kind of hang out until 5 p.m. and then eat chips and dip for supper don't have enough nutrients to sustain health and they wind up getting sick."

Try starting your day with breakfast to give you energy throughout the rest of the day. If you are constantly on the go, keep your bookbag stocked with healthy snacks. Also, stay adequately hydrated by drinking plenty of water, juice and milk. "We're not talking coffee, we're not talking Mountain Dew, we're not talking alcohol," Adler said. "We're talking regular fluids they would have got when they were children. Your body needs those to stay healthy."

Exercise

While it is normal to gain a little weight in college, to avoid the dreaded "freshman 15," keep healthy meal choices in mind and exercise regularly.

Keep clean and don't share

While this is contrary to the advice you may have received in elementary school, Adler recommends that students should use their own makeup, contact lens solution and eye drops.

"One of the things we see again with the college population, just like you see with the daycare population, is pink eye," she said. "That little organism is spread so easily, so that means use clean

towels and clean wash cloths." That also means changing the sheets on your bed once a week.

"The other thing I can say is hand washing is everything," Adler said. "You need to wash your hands."

Avoid overextending

With all the activities in which a student can participate at UNO, students can run the risk of overextending themselves.

"I think the biggest risk [students face] is overextending and getting themselves so exhausted," Adler said. "That's a bigger risk than crime, that's a bigger risk than rape, that's a bigger risk than drinking too much. The average students don't understand how much sleep they need because they have all these people to run around with."

To avoid becoming over extended, students should know their limits, avoid committing to too many activities and manage their time wisely.

Behave!

"For many students, this is their first time away from home and there are a lot of opportunities to do all kinds of things, so besides managing one's time, one needs to manage one's behavior," Adler said. "While the ability to experiment with drugs and alcohol is always available, saying 'no' is a legitimate option, because once we get into the drugs and alcohol arena, then we open the doors to sexually transmitted diseases, poor choices and drunk driving accidents. It just snowballs into all these things."

While living in the dorms is a fun time and gives college students a chance to experience new things, they should be aware of their bodies, minds and actions.

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About 30 UNO students congregate near Scott Village complex Sunday evening for a resident's meeting to discuss rules and regulations for the upcoming school year.

photo by Chris Machian

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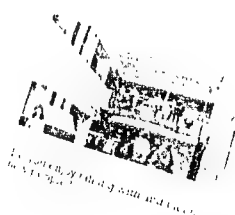
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- Mav Kids: school year and summer

Facilities**Weight Training**

- Resistance Machines/Free Weights
- Dumbbells (up to 100 pounds)

Cardiovascular Training

- Treadmills
- Stair machines
- Cross Trainers
- Elliptical Trainers
- Rowers
- Upper body ergometer
- Stationary bikes - disabled-accessable multi-station

Activity Courts

- Basketball
- Volleyball
- Badminton
- Tennis
- Climbing wall

**Racquetball Courts**

- Racquetball
- Handball
- Squash

Pool

- 50 meter, 6 lane pool
- Tot dock
- Moveable bulkheads
- Diving well
- Observation well
- Sun deck

Locker Rooms

- Cube, half and full size lockers
- Steam room
- Sauna

Jogging Track

- Two Lanes
- 10 laps per mile
- Stretching areas

Lounge

- Vending machines
- Lounge furniture



CHAMPIONSHIP DIVING

Services**Facilities**

- Room scheduling
- Identification verification
- Activity area and building supervision

Central Issue

- Equipment checkout
- Towel Exchange
- Racquetball/tennis/squash court reservations

Office Services

- Spouse activity cards
- Guest passes
- Locker rental
- Pro shop
- General information

Employment Opportunities

- Access Monitors
- Building Managers
- Life Guards
- Equipment Clerks
- Outdoor Trip Leaders and Equipment Clerks
- Office Staff
- Sports Officials
- Youth Program Counselors
- Intramural Sports Supervisors
- Weight Room, Golf Lab, Archery Lab Supervisors
- Climbing Wall Supervisors

HPER Building Hours:

Monday-Thursday	6:30 am - 11:00 pm
Friday	6:30 am - 9:00 pm
Saturday	8:30 am - 7:00 pm
Sunday	12:00 pm - 10:00 pm

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www.unomaha.edu/~wwwocr

UNIVERSITY OF
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E-BRUNO: A student user's guide

VALERIE CUTSHALL
Senior staff writer

Entering college can be very intimidating and confusing. I know when I started at UNO it was quite an experience. First, I didn't know anyone and had no idea where to go. Then, at the end of the semester, I realized I was supposed to sign up for classes through something called E-BRUNO and again had no idea what to do.

So there I was, thinking everything is smooth sailing, and I hear other students talking about registering for classes. I thought someone would call to let me know when I could register or something like that.

Then I heard about E-BRUNO. I only heard the name and not what to do with it or what it meant. So, like any intelligent human being, I logged on to the home page and stared — and stared some more and some more.

I had no idea what I was supposed to be doing. Eventually, I figured out what to do and how to do it, and it only took me three hours. (Well, maybe not that long, but you get the picture.) Now, after a few semesters, I can easily navigate my way around E-BRUNO.

You're probably wondering, "What is E-BRUNO?" The best definition I can give is this: a system the university uses to allow students to sign up for classes, look at grades and view tuition bills, among other things.

E-BRUNO stands for "Even Better Registration at UNO." At the end of every semester, students go onto E-Bruno and register for classes. Here is a quick guide to E-BRUNO I hope every student can use.

Once you get on the university home page (www.unomaha.edu) and click the "Current Students"

button, you will want to click on the link that reads "E-BRUNO for students." Then the page will ask you for a student ID number, a PIN, and the desired term and year. Your student ID is most likely your social security number. Next, hit the "Login" button, and don't forget to read the important message and click "I understand."

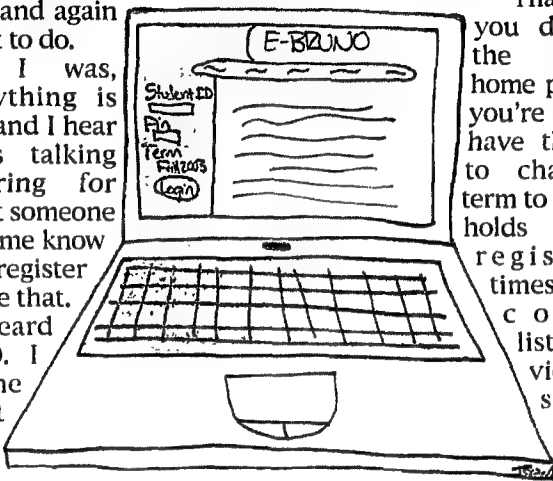
That will send you directly to the E-BRUNO home page. Once you're there, you have the choice to change the term to view, view holds and registration times, scan course listings and view your student schedule and financial aid information.

Be sure to check when you can register and if you have any holds on your registration times. To register, select a term and click on "Scan Course Listings/Web Registration."

Once you're on the registration page, select a subject, time and type for the class and click the "Go!" button. That will get you a long list of classes with times, locations and how many seats are left. Now, here's the tricky part.

Choose the class and click on the "add to cart" link. When you are done choosing all your classes, click on the "check out" link. When the page comes up, it will present a list of the classes you've selected and say, "Click here to register for the below/above classes." Click that link and you've just registered for your classes and you're done.

Now how easy does that sound? It may be confusing the first or second time, but after that, it will be smooth sailing. Good luck.



La Festa Italiana set to promote heritage with food, family fun

VALERIE CUTSHALL
Senior staff writer

Where can you find 8,000 meatballs, 10,000 biscotti, 240 gallons of spaghetti sauce and a whole lot of Italian wines and beer? Only at the 28th Annual La Festa Italiana.

La Festa Italiana runs from Aug. 29 to Aug. 31 at the Fort Omaha campus of Metropolitan Community College, located at 30th and Fort streets. The event is held every year to promote the Italian heritage to the community and bring the best of Italy to Omaha. This year's attendance is estimated at 12,000 people, which is an increase from last year.

"This is our 20th annual La Festa here in Omaha and it will be a big success," said Sarah Burrus, spokeswoman for the event. "We want the public to have a great time. One, they'll always remember. And two, to see how Italian culture cooks, what they eat, and the music they listen to."

Nine hundred volunteers start in early July to prepare all the homemade Italian food for the festa. Volunteers make all the food and work at the event and other community members offer professional services.

"By attending the Festa, people

may just want to visit Italy and see the real beauty of the country," Burrus said.

She is looking for new volunteers to help out in different spots at the Festa.

"We always welcome anyone who wants to lend a hand," Burrus said.

The Festa offers many other activities besides the food. Entertainment at the Festa includes society production numbers, Italian marching band, folk dancers, bocce ball, cooking demos, children's rides, activities, clowns and dancing.

"I love it, although it's a

lot of work, it's great to see all the smiling faces who really appreciate this event," Burrus said. "I think it's a very big asset to our community. We need to make a lot of ethnic events available to the public. I believe people really appreciate the unique and rich heritage of the community."

Tickets for the Festa are \$4.50 for advanced tickets and \$5.50 at the gate. Tickets can be purchased at Kohl's pharmacies, Bolamperti Family Dentistry offices and Rockbrook camera.

If anyone wants to volunteer at this year's La Festa Italiana, contact Burrus at 341-9562.

More festival fun...
SeptemberFest, Omaha convention center and arena, 455 N. 10th St. Carnival midway, kiddie kingdom, auto shows, food, fireworks, open until Sept. 1. Tickets: \$3, gate, rides and food prices vary. 346-4800.
Nebraska State Fair, State Fair Park, Lincoln. Midway, rides, food, games, open until Sept. 1, from 1 p.m. to midnight Monday through Friday, 1 a.m. to midnight Saturday, Sunday and Labor Day. Tickets: \$7 adults, \$2 children 6-12, 5 and younger free. Midway ride wristband: \$17, available select days during the fair. Parking: \$3; Concert tickets: State Fair ticket office (402) 473-4105 or Homer's Music (800) 766-0003. <http://www.statefair.org> or (402) 474-5371.
Our Lady of Guadalupe Fiesta, Our Lady of Guadalupe Church, 23rd and O streets. Mexican food, raffles, kiddie rides, open 12 p.m. to 9 p.m., Sept. 14. Free admission, rides and food prices vary. 731-2196.

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Gambling part three in an addictive series

LACHELLE PRICE-PARKER
Staff writer

Gambling can be a very addictive behavior, sometimes seen as double trouble, said Anne Aiken-Kush, alcohol and other drug educator and counselor at UNO.

"You get the physical sensation of just flying and it's an awesome feeling," Aiken-Kush said. "And you have all this money."

However, gambling can mask a deeper conflict within the individual.

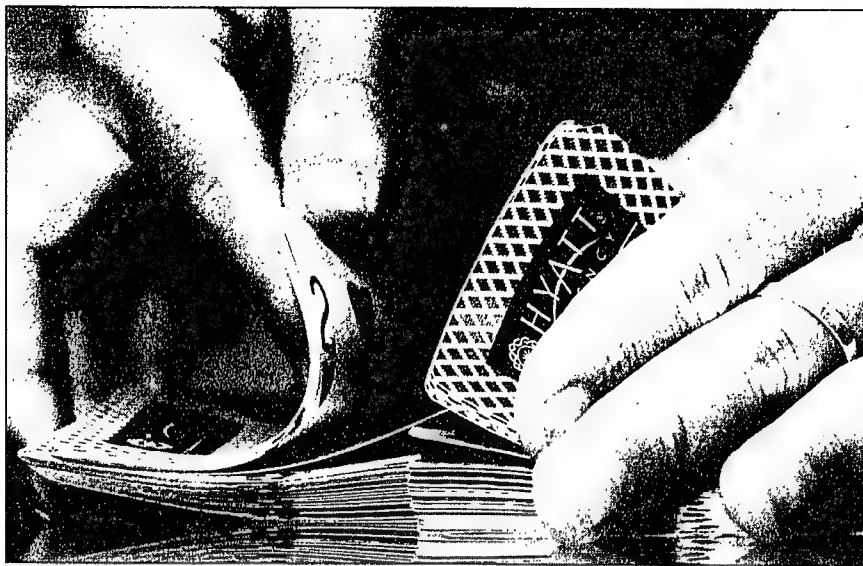
Gambling can cover signs of depression so those close to the affected individual do not realize the full condition.

The gambling mask was effective in disguising depression in a loved one of Nikki Youngblood, a senior at UNO. Her loved one was able to hide the symptoms for a long time.

"Outward signs of depression, like not wanting to be around people much and not sleeping was hard to see because a lot of time was spent at the casinos," Youngblood said.

Youngblood was introduced to the addictive behavior of gambling as a senior in high school. Now, as a senior in college, her advice to freshman is to "know it's not a solution, don't turn your problems to gambling."

If you suspect a problem in a friend or have identified the



Gambling can seem enticing to many young college students.

problem within yourself, Youngblood said "don't be afraid of the situation."

"If you are a strong enough person, you need to step back before it gets out of hand," she said. "It's in your hands at first, say 'I don't need to do that' before it is out of control. But know it's never too late."

UNO does not have a high occurrence of gambling problems reported. However, everyone needs to understand this addictive behavior is no less serious than smoking or drinking.

Identifying Personal Character Traits

"People most susceptible to

this behavior have high-risk personalities - they live on the edge and engage in high-risk activities," Aiken-Kush said.

Society accepts the high-risk activities considered extreme sports, but a special emphasis is put on safety - first and last.

Risky individuals often remove the safety aspect for more of an adrenaline rush.

"Motorcycles, hang gliding, skydiving are acceptable behaviors in society, but gambling seems to feed the need to take it further," Aiken-Kush said. "There is the tension and drama [of gambling], so when you score big, it's like your body is just full of adrenaline and that

becomes the high right there and you want it again."

Others place less emphasis on the rush and more on the mental challenge aspect.

"Some people just have this mental chess game going on where they are trying to beat the system or come up with a formula that's grander than reality," Aiken-Kush said. "It's a somewhat delusional state of mind and [the person] is in a sort of tunnel vision. You have blinders on and you're really focused on the behavior - you have a hard time stepping back and seeing the big picture."

Aiken-Kush continued: "Do not underestimate the call of gambling. It's easier to make money, but it's easier to lose money also."

Lois Brandt, a senior at UNO, said freshmen need to know that "if you can't afford to eat, you can't afford to gamble."

"Gambling is an easy way to make money and a lot more fun than going to work everyday doing drudgery or tedious work," Aiken-Kush said. "Gambling is much more glamorous and exciting. The short quick fix doesn't always work and certainly not in the long run."

For more information, visit the counseling services office in the Eppley Administration Building 115.

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Contact the Student Government
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being on a committee.
sguno.unomaha.edu
554-2620

The University of Nebraska at Omaha is an affirmative action/equal opportunity institution. For special needs or accommodations, please let us know one week in advance by calling 554-2620 (TTY 554-3799).

Choose to combat the freshman 15

PAUL FREELAND AND RAE LICARI
Senior staff writer and Features editor

Students may think the so-called "freshman 15" a myth, but it can quickly become a reality for many college students, both old and new.

"Freshman 15" is the name given to the phenomenon where college freshmen pack on extra poundage, at an average of five to 15 pounds or more. Freshmen aren't the only group of college students who can succumb to this weight gain, but it is usually thought to be more prevalent among students entering their first year of college.

There are a variety of factors that can lead to a sudden weight gain. Stress seems to be one of the most common, according to an article from the IntelliHealth Web site, www.intelihealth.com.

With all of the changes the transition to college life brings, stress usually follows. Many first-year students fresh out of high school are unprepared for all the changes: moving out (and possibly to another state); the new schedule of college classes (and more schoolwork); balancing class with a job, extracurricular activities and a social life; etc. Many students make the mistake of eating to combat stress, and what they usually eat tends to be not so healthy.

Social situations can also present a food dilemma. The IntelliHealth site

notes that social eating, such as late-night study session pizzas, can contribute to the pounds adding on.

Buffet-style cafeteria meal plans can also be a temptation. Kathleen Zellman, R.D., American Dietetic Association spokeswoman in Atlanta, said in a WebMD article: "These kids often get into a feeding frenzy where they can have as much food as they want. They're in the cafeteria all the time, with self-serve ice cream and desserts. Coupled with experimentation with alcohol and not finding the time to exercise, they keep falling prey to the 15 pounds."

Lack of exercise is another culprit contributing to the freshman 15.

There are ways to combat the freshman 15, however. Marcia Adler, coordinator of UNO's Student Health Services, said avoiding the freshman 15 is part of learning to manage behavior.

"[Gaining weight is] not mandatory, it's a choice," she said.

Adler noted that many of the tips for avoiding an increase in weight were common sense, like eating three meals a day, managing portion control, avoiding fast food, drinking plenty of water and exercising.

"One [diet-related] decision can impact your body's entire metabolism," she said.

Adler recommended students make use of the exercise equipment at

SEE COMBAT, PAGE 22


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QUIZNOS SUB
MMMM...TOASTY!

City constructs new roundabout to ease traffic for Happy Hollow motorists

JOSIE LOZA

Editor-in-Chief

As Marisa Ozuna drove past the intersection of Happy Hollow Boulevard and Elmwood Park Road, she couldn't help notice that something was new about the area.

The triangular pavement in the middle of the intersection was no longer there. This summer, it had been replaced with a new red brick round about.

"I had never driven in a roundabout before," she said. "It amazed me how smooth traffic flows now from the new development."

City traffic officials said there were a lot of traffic accidents occurring at the intersection, so they decided to evaluate alternative options to slowing drivers down.

Ozuna, a UNO student, said she knew a lot of accidents occurred in the region because many people would 'drift through the yield signs.

"I saw people running though those signs all the time," she said. "I at times, did it myself."

Tim O'Bryan, construction engineer for the city, said the roundabout is used as a traffic-calming type of construction.

The roundabout fits in the triangular position of the former pavement and slows down traffic in the area.

In May, contracting company Swing Construction began roadwork. Traffic officials planned to have the project completed before school started in August. The roundabout became available to motorists in early August.

During the summer, people who normally



photo by Chris Machian

A new roundabout was constructed at the intersection of Happy Hollow Boulevard and Elmwood Park Road to ease local traffic. The roundabout was open to drivers this month.

travel those streets had to find an alternate route. Students had to come in off Pacific or Dodge streets to get onto campus.

"Traffic sucked," said Yaravi Vargas, a student. "When it was coming up, I didn't really know what was being built there."

Vargas said there was no stop in traffic whenever she would travel down Happy Hollow. "I went right through there and

thought it was really nice because you don't have to be as worried about getting into an accident," she said.

Ozuna hasn't decided whether the new roundabout is an effective way to slow down drivers.

"It'll be something that people will have to get used to," she said.



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Photo by David E. Corbin

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for more information contact: UNO's *The Moving Company* at 554-2670:

Josie Metal-Corbin, Director or Lauren Kotulak, Associate Director

jmetal-corbin@mail.unomaha.edu

MANY NEW COMPANY POSITIONS AVAILABLE



American Multicultural Student Agency (AMS)

The American Multicultural Students Agency provides support, assistance, and guidance to multicultural students attending UNO. In addition to programs and events designed to increase awareness about various cultures. Speakers, forums, dances, photographic exhibits, resume writing and interviewing workshops are just a few of the programs coordinated through AMS.

Phone: 554-3696

Your voice on Four Agencies to help

What is student Government?

The student government is the representative and governing body of the students at UNO. SG-UNO is responsible for allocating more than \$250,000 in student fees each year. Our main function is always representation. SG-UNO strives to uphold and communicate views, opinions and concerns of the student body to university administration, faculty and the Omaha community.



Network for disAbled Students (NdS)

The primary mission of the Network for disAbled Students Agency is to provide services at UNO to students with disabilities. These services include a library of multimedia materials for research and educational usage, as well as specialized equipment. This agency is an advocate and referral service regarding disability issues, and also provides educational, informational and social/cultural programs to provide awareness about the diverse issues concerning those who are disAbled.

Phone: 554-2368



Student Government offices are
first floor of the Milo Bail Student Union
behind the fire place lobby
Office hours are Monday-Friday, 10am-5pm

Phone: 554-2620 Fax: 554-2620

E-mail: unomaha_sg@yahoo.com

Web: sguno.unomaha.edu

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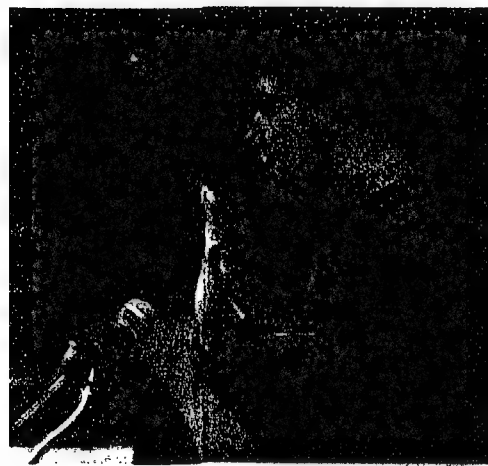
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Meetings

Student Senate meetings are held every other Thursday at 7 p.m. (except during breaks and summer). Students are encouraged to attend all Senate meetings! Check in the student government office for locations.

Elections

Student Government elections are held every October. Stop by the office to pick up your application today!



ament offices are located on the
the Milo Bail Student Center,
d the fire place lounge.
Monday-Friday, 8 a.m. to 5 p.m.

4-2620 Fax: 554-2583

unomaha_sg@yahoo.com

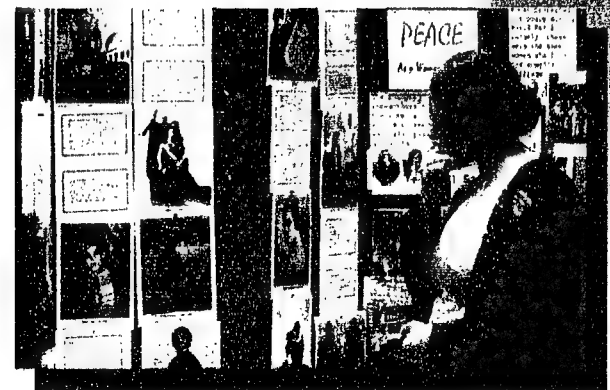
uno.unomaha.edu



International Student Services (ISS)

The International Student Services Agency works with international students to foster a smooth transition to a new environment. Members of the ISS board promote international cultural exchange and awareness on campus through a variety of programs. ISS also sponsors an annual Cultural Festival and International Student Banquet.

Phone: 554-2937



Women's Resource Center (WRC)

The Women's Resource Center offers a wide variety of gender-centered services and programs. The center sponsors special events and programs, and houses a library of books, periodicals, and publications on a broad range of issues. WRC is also a referral agent for counseling agencies, child care, and community groups concerned with gender-specific topics.

Phone: 554-2730

FROM COMBAT, PAGE 18

the Health, Physical Education and Recreation Building, such as the swimming pool, and get involved with intramural sports activities in order to bring regular exercise into their lives.

Adler also suggested the following:

Include more fruits, vegetables and whole grains in your diet.

Substitute dark, whole grain breads for white bread.

Salads are a good choice for lunch, but stay away from salad dressings.

Avoid "fad" diets, such as those that rely on pills or those that eliminate entire food groups, such as carbohydrates.

Consider joining the Mav Tracks program. For more information on Mav Tracks, see the sidebar on page 19.

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FROM LIFE, PAGE 13

may be your constant companion.

However, not all fats are good for you. While the human body needs fats that come from sources such as vegetable oils, most nuts, fish and olives, it can't use saturated fats and trans fatty acids, which are abundant in fatty dairy products, meats, commercially fried foods and bakery goods.

Another thing Adler said she worries about is that women get enough calcium to build up strong bones. She said the female bone structure is not complete until the age of 24. A lack of calcium during this building phase can leave women more prone for osteoporosis in the future.

What's most important is eating foods from all five food groups, Adler said. Also, she said students should eat five small meals a day rather than three big meals.

"Portion sizes are the critical thing," she said. "And getting fruit and veggies in."

Which meal is your main meal should depend on your schedule. Adler said if you sit down at night and don't walk or work, your big meal needs to be lunch.

About breakfast, Adler said: "From the medicine standpoint, breakfast is hugely important." Breakfast gives the body a jump-start for the day after it has been on standby during

the night.

If you're one of those people who like to stop at Starbucks on the way to class to get a latte and a bagel, Adler has bad news for you. She stressed that while that will give you energy for a short period of time, it will leave you hungry and tired very quickly. What you end up getting is empty calories.

Another habit many students have is hitting the vending machine for some candy in between classes or when they get tired from studying.

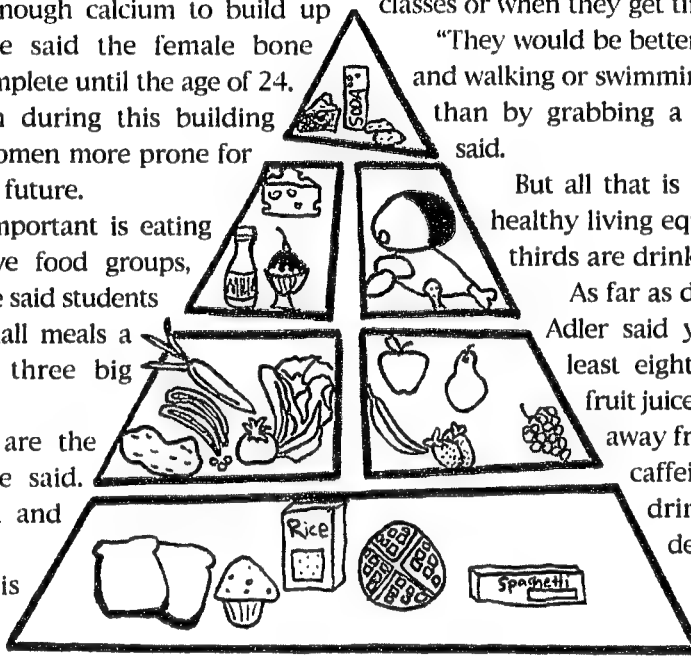
"They would be better served by getting up and walking or swimming for a couple of laps than by grabbing a Snickers bar," Adler said.

But all that is only one third of the healthy living equation. The two other thirds are drinking and exercise.

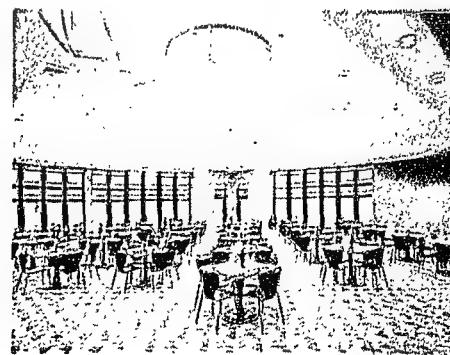
As far as drinking is concerned, Adler said you need to drink at least eight glasses of water or fruit juice a day. She said to stay away from anything that has caffeine in it because those drinks end up dehydrating the body.

Adler pointed out that "there has to be a balance between diet and exercise." In other words, if you consume more calories than you burn through exercise, you end up gaining weight.

By following Adler's advice, you may be able to avoid the infamous "freshman 15" - those 15 pounds said to creep up on students during their first year of college.



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Summer brings Santa Lucia festival

BECKY BOYER
Staff writer

Even with construction galore in downtown Omaha, nothing could take away from the tantalizing aroma of Italian food that filled the air Friday night.

Hundreds of people from all over the city celebrated the 79th annual Santa Lucia Festival at the Gene Leahy Mall near 10th and Farnam Streets. The festival was held August 21-25 and with free admission.

Dominic Digiacomo, a Santa Lucia Festival Band member said he hoped the festival stays successful and it continues to be a strong Italian tradition. Digiacomo has been a member of the band since he was a child.

The band's upbeat sound

was heard all weekend. And that wasn't all.

From a Ferris wheel to a kiddie roller coaster to a variety of Midway-style games like duck pond, the festival offered something for everyone.

The ride that looked the most thrilling and actually had a warning sign that was six lines long was the Loop-O-Plane. The ride itself consisted of two separate cars with painted flames on them. These cars were part of two separate arms that were then connected to an engine. The engine part of the ride looked like a hybrid off of an old tractor.

The ride started off slowly. Then it went back and forth like a crazy pendulum or like a

kid who wants to swing so far that they go over the swing set.

But above all the attractions, the grub is why so many people look forward to the annual event. It can't be emphasized enough how superior the food was. Prices were not bad, considering the quality of the food.

Pizza, ravioli, mostaccioli and meatball sandwiches were sold.

And there was more.

For dessert, the two Italian treats available were chocolate cannolis and Italian ice cream.

The Santa Lucia Festival was a great event. For good fun and great food the people of Omaha would be wise to make this event a part of their future summer schedules.



The Loop O ride was one of the more popular events at the annual Santa Lucia festival, which was held in downtown Omaha, Aug. 21-25.

photo by Josh Williamson

SPO gives what students want

TOM CENTARRI
Staff writer

When students walk into the Milo Bail Student Center on the first floor, they will see the bookstore, the convenient store, MJ Java, KBUL and then the Student Organizations and Leadership Programs office. To a new student this may mean the same thing as Student Programming Organization and not ever affect them. But the difference between the two is apparent.

SOLP oversees more than 125 clubs and organizations at UNO. One of those clubs is SPO.

SPO is a student-run, student-funded organization which provides fun and entertainment for UNO and the community. Of course the entertainment industry has many speakers and performers for UNO to choose from, but it's not always what the budget can handle.

When the Student Activities Budget Commission voted to increase the organization's budget for the 2003-04 fiscal year, it was a great feeling for SPO's director Mindy Johnson.

She said: "Even though we have been consistently given \$100,000 annually to program, that is broken down into our committees which makes it harder to bring in high demand entertainment."

Still this means that the group can be creative in who they pick and

selective as well. It's always easier to do that when you know what your target wants.

"We want to go local because that's apparently what the students want,"

Johnson said. "We are going to try to please everyone but we still know that will not always happen."

The organization could very easily try to go for a big name band such as the Dave Matthews Band, but in reality, those projects take a long time to plan and expenses may outweigh the revenue that the organization doesn't always have. It also strays from the SPO Mission.

"SPO plans entertainment with a variety of performers and diversity between evening and day performances," Johnson said.

In its entertainment, the group has come a long way. Barb Treadway-Janousek, director of SOLP, said the organization balances its entertainment with creativity and education.

"They have structure, committees, and active groups. [they] listen to what students say and have not just focused on bands and hypnotists."

This year, a magician and Pomeroy, a local band, are in store for UNO Welcome Week. The organization tries to give the students what they want and you can't put a price tag on personal satisfaction.

SPO: Upcoming Events

Today- Pomeroy at 12 p.m.

MBSC Plaza

August 27- Brian Brushwood

Magic Show at 7 p.m. MBSC
Nebraska Room

August 28- Drive-in Movie at
dusk (8 p.m.) Pep Bowl (8
Mile)

September 9- Psychic
Suzanna from 11 a.m. to 1
p.m. Fireplace Lounge

September 24- Justin
McKinney Comedy Show at 12
p.m. MBSC

*Dates are subject to change



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Meleah Groenjes

Recreation:
Kayoko Tsunoda

Performing Arts:
Michelle Parsons

Art Club:
Michelle Parsons

Art Club:
Michelle Parsons

8/26 Pomeroy
Noon, MSBC Plaza

8/27 Magician Brian Brushwood
7 p.m., Nebraska Room

8/28 Drive-in Movie
Dusk, Pep Bowl
(Check SPO office for rain location)

9/9 Psychic Suzanna
11 a.m.-1 p.m., Fireplace Lounge

9/23 Latino Comedy Project
Noon, Nebraska Room

9/24 Comedian Justin McKinney
Noon, Nebraska Room

9/29 - 10/4 Homecoming
Check with SPO for more details



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Bellevue exhibit brings nature and art together

LACHELLE PRICE-PARKER
Staff writer

UNO graduates Dan Newberry and Jason Petersen will showcase their individual sculptures along with other local artists at the "Elements," an Environmental Art Exhibit at the Fontenelle Forest Nature Center in Bellevue through October 26.

Newberry's piece is titled "Nursery" and at the opening of the exhibit on Friday, he said, "it was fun to have a canvas as big as a forest. I like to occupy a large space and this is different than what artists are given."

Petersen's piece is titled "Layered

Vision" and said the inspiration for the piece was the "symbolization of materials to the key elements in the atmosphere."

This is Petersen's first public exhibit and he believes people should come to see the different materials "intertwined in the forest background."

Another UNO graduate, Jamie Burmeister, also has work featured at the exhibit.

Greg Rishoi, a UNO student, also has his sculpture, "Apparatus for Drawing" on display. Rishoi explained the technical aspect of his

sculpture to be an: "Apparatus suspended between the tree collect[ing] precipitation. As the water fills the basin, rust is formed on the surface. The water drains through a small opening in the basin and runs down the chain. Elevated just above the ground is a concrete base supported by steel legs.

"The water flows from the chain onto the concrete and the rust deposits from the basin stain the concrete. The wind moves the apparatus and manipulates the stain into a form of drawing," he said.

"The resulting marks resemble a

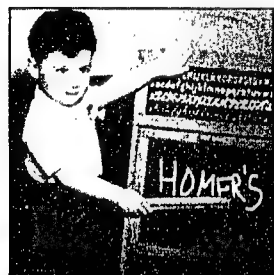
painter's brush strokes on a canvas. The forces of nature will continue to change the piece throughout its entire existence."

The only thing missing was the rain during the exhibit.

Susan Clegg, Penny MacKay and Deb Hall decided to view the one-mile display along the boardwalk that takes the individual into nature and art simultaneously. The group of women from Gretna spoke with expectation of a return to the exhibit to see what nature has drawn on the open canvas.

The exhibit is not meant to be a

SEE ART, PAGE 26



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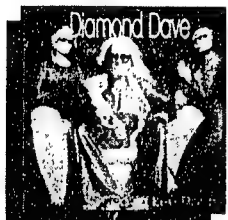
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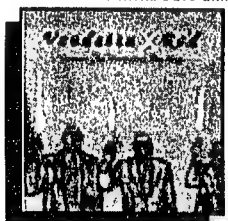
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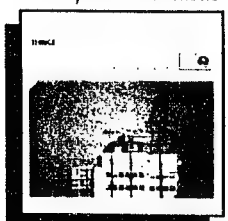
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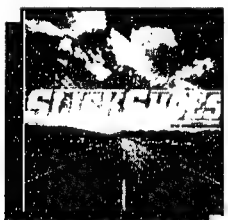
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This SoCal punk band are back with their fifth full-length and first on Side One Dummy. "Far From Nowhere" delivers twelve fast, fun, and melodic punk rock songs.



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SPJ to host benefit concert

VALERIE CUTSHALL
Senior staff writer

The UNO chapter of the Society of Professional Journalists will hold a concert Friday, Aug. 29 to raise money for their national conference in Tampa, Fla.

The money raised will help pay the extra expenses for the group participating in the conference. This year Joe Miller, Abby Wilkinson, Marion Rhodes, Leia Baez, Lindsey Johnson and Heather Alexander will be representing the chapter.

The national conference brings professional and student journalists together from around the country to provide a learning experience and to focus on improving what's going on in journalism.

"I think it is commendable the group is looking for ways to raise money," said Sherrie Wilson, SPJ adviser. "It sounded like a fun thing to do and it will raise some extra money for them."

SPJ is an organization for people working in or interested in print, broadcast, and web journalism. It is dedicated to encouraging the free practice of journalism and to stimulate higher standards of ethical conduct.

It also promotes the free flow of information necessary for a well-informed public, helps protect the First Amendment right of free speech and free press and works to further educate future journalists.

"I hope the concert will raise awareness that there is a group like this out there," Wilson said. "There is potential for students to do a lot of different things including going to national conventions and interacting with journalists from all around the country as well as doing serious and fun things locally."

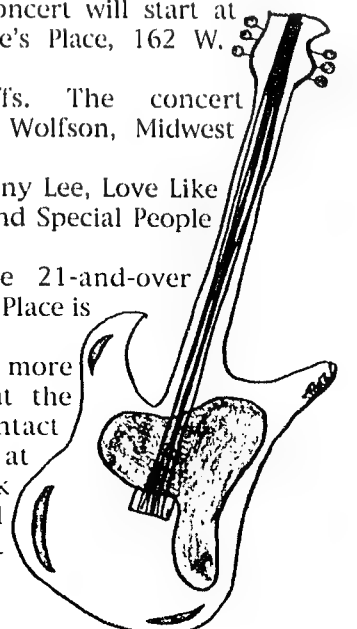
The benefit concert will start at 8:30 p.m. at Mike's Place, 162 W. Broadway,

Council Bluffs. The concert features Rebecca Wolfson, Midwest Dilemma's

Justin and Jenny Lee, Love Like Hate, Mint Pink and Special People Club.

Cover for the 21-and-over show is \$4. Mike's Place is open until 2 a.m.

For more information about the organization, contact Sherrie Wilson at 554-3677 or check out the national SPJ Web site at www.spj.org.



SOJH gets recording deal over summer

JESSICA RIAL
Staff writer

Winding down their last days of summer, the punk-rock quartet SOJH (Straight Outta Junior High) was captured by the Gateway for a lucrative, provocative, and deeply moving interview. The following words were actually spoken by living, breathing human beings.

SOJH: "We've played three shows in the last 12 hours now, so we're all dead. We played last night, twice. We had to be at a show today. And this will be our fourth show."

Gateway: "What did you guys do this summer?"

SOJH: "We went on tour a lot, twice. We got signed. The guys who run it are really cool. They're re-releasing our *Kiss of Deaf* album with new artwork, a video, and an added track. We can nationally distribute all of our albums."

Gateway: "Where did you go on tour?"

SOJH: "Texas, Minnesota, St. Louis, all of the Midwest. We played a lot of shows, drank a lot of beer, broke a lot of hearts. We played Warped Tour."

Gateway: "How did everything go?"

SOJH: "All of our equipment broke, it fell apart and disintegrated. We have a lot of funny stories. Stu fell off a bridge in a 's**t-hole' in Texas, had to get a bunch of stitches and a colonoscopy. They cut [his] pants

off, brand new Dickies, then they violated [Stu] with their fingers. It was a student hospital."

Gateway: "How was the Warped Tour?"

SOJH: "We entered a online contest and they picked us to play. A lot of people watched us because there were no other bands playing. It was pretty awesome. We had fun."

Gateway: "How many albums have you released?"

SOJH: "We have two: *Here's a Ray of Hope to Someone with an Inferiority Complex* (2001) and *Kiss of Deaf* (2002)."

Gateway: "Musical Inspirations?"

SOJH: "The Descendents, Weezer, The Vandals, NOFX, Elvis Costello."

Gateway: "What inspires your lyrics?"

SOJH: "Usually profanity. No. Everyday things. We write songs that try to make people laugh."

Gateway: "What are your goals for this fall?"

SOJH: "We want to tour again. We're going to go to California."

Gateway: "How do you feel about Omaha's music scene?"

SOJH: "It's really good. There [are] a lot of good bands we play with. The fans come out to see us. Our fans are crazy. They're growing up though. That's kinda nice. They will never leave us."

Gateway: "Why play music?"

SEE SOJH, PAGE 26



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A CHEAP DRINK EVERY NIGHT OF THE WEEK



Bars across the metro offer drink specials every day of the week. Above, customers at the Safari Bar, 302 S. 11th St., enjoy .50 cent drinks during the bar's Thursday night ladies special. Right, a bartender at the Safari Bar makes a drink Thursday night. Bar owner, Corey Huetter, said Thursday is one of the busiest nights because of the special. But Don't worry fellas, it's not just cheap drinks for the ladies anymore.

photo by Josh Williamson

TAKE THE TIME TO UNWIND

Sundays- Billy Frogg's, \$2 margaritas, \$2 Captain Morgan mixed drinks and \$1.50 domestic bottles and draws.

Monday- Billy Frogg's, 1120 Howard St., \$1.50 domestic draws and bottles.

Tuesday- Howard St., 1113 Howard St., \$4 domestic pitchers and \$1 dollar select shots; Billy Frogg's, \$1 domestic draws.

Wednesday- Rush St., 3015 S. 83rd St., no cover with college id and 1/2 off of all drinks; Howard St., \$1 domestic draws.

Thursday- Candlelight, 5031 Grover St., \$1 Busch Light bottles and \$1 domestic draws; Howard St., Sneak a leak night — .75 cent draws until someone pees or leaves. The Safari Bar, .50 cent specialty drinks for ladies from 9 p.m.-12 a.m. with \$2 cover.

Friday- Rush St., drink specials every 15 minutes.

Saturday- Billy Frogg's, \$2 Captain Morgan mixed drinks.



photo by Josh Williamson

FROM SOJH, PAGE 25

SOJH: "We get free vacations and we get to hang out with our friends."

Gateway: "I heard a rumor you have a Japanese following?"

SOJH: "Sort of. We sold CDs over there. And we are going to be a compilation. We get a lot of e-mails that are pretty funny. They're in broken-English. We get a lot of Germany broken-

English mail."

Gateway: "Any upcoming local shows?"

SOJH: "Ranch Bowl on the 30th with Anchondo. Knickerbockers all-ages show on the 5th. And we are playing the 12-of-12 at Mt. Crescent. We play at 1p.m. We are in a battle of the bands online. Help us win. Go to our Web site www.sojh.com and vote on www.battle.ernieball.com"

FROM ART, PAGE 24

one-time experience because some of the pieces will change like the changing seasons of nature.

"Birds of a Feather," by local artist Leslie Bruning, is a sculptor piece that relies on the wind element.

"The concept of flying forms in the forest seems very natural. However, the bird/bats are not naturalistic. I have used a split light bulb shape as the body and have attached wings hammered out of light gauge aluminum. There is some variation in size and sequence of the wings," Bruning said.

"Contrapposto #1", by local artist Bonnie Mercer, is a piece that had inadvertently become part of the forest and thus nature becomes the art as spider webs and tree foliage have taken up home.

The purpose of this exhibit is to bring people who have an interest in art and nature together.

"This is the second year of the exhibit and the forest was looking for ways to bring people interested in nature and art and marry the two," said Kelly Ptacek, director of development at Fontenelle Forest. "It's also a chance for great exposure for artists. Approximately 3,000 visitors came through last year."

The elements theme — earth, air, fire, water — were the characteristics given to artists.

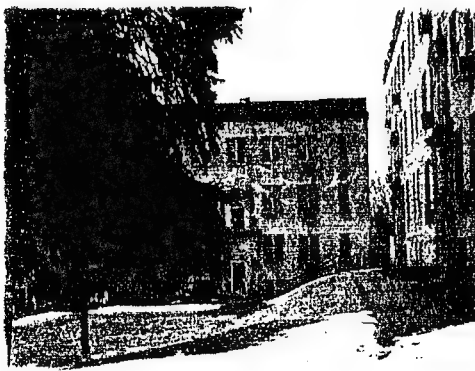
"Elements was the theme and beyond that we let the artist be creative and do their thing," Ptacek said.



photo by Michelle Bishop

The "Elements," is an Environmental Art Exhibit at the Fontenelle Forest Nature Center.

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A Nebraskan Living in the Middle East

A train of camels ambles lazily beneath the sun, fiery red and ready to set behind the great dunes for the coming night. Following the traveling queue of beasts is a young bearded man wearing a dishdash, the traditional white ankle-length gown with accompanying head covering. I wait for Lawrence of Arabia to appear on the horizon, the scene so perfect. This is the land of Arabs, Islam and desert.

Okay, so I didn't see that, really. If you want images of the city of Dubai, try this: mini-skirted Russian girls shopping in chic shopping centers that make Crossroads seem like its flirting with bankruptcy. Leather-clad Harley guys and gals of all nationalities roaring down super highways surrounded by forty-story glass and chrome skyscrapers, and young gorgeous Iranian women at supercharged nightclubs hanging on the arms of their American, British or Syrian boyfriends. This is Dubai, in the United Arab Emirates.

I'm a native of Omaha, Nebraska, having flown from the cornfields of the Midwest to the tumultuous Mideast to teach English to the indigenous population and partake of the exotic. So far, it's been an eye opener, and I'd like to share some experiences with you about a part of the world that has remained elusive to the comprehension of most Americans. And remember, our troops are in

Baghdad, not too terribly far from Dubai.

What is it like for an American like me to live in this new and unique city here in the Middle East, a geographic region which most of you probably envision as being highly volatile? First of all, it's safe. Thus far, there have been no repercussions from the war that up until recently was exploding only a few hundred miles away. And there are malls, health clubs, beach resorts with sun & surf, and all manners of sports, safaris or spas. By night, there are world-class restaurants and nightclubs with fabulous entertainment. I often meet up with American, Russian and Iranian friends at Starbucks, Coco's or the Hard Rock Café. We've also got the largest water theme park outside of North America. It puts Oceans of Fun to shame. Oh, and there are at least fifty awesome fireworks shows a year, many of which are on par with those at Rosenblatt Stadium in Omaha each year.

Mostly we enjoy living in this delightfully absurd city. I'll bet none of you have ever seen Santa Claus arriving at the mall via a jet ski screaming across the sea, and then listened to an Indian children's choir singing Christmas Carols while kids of all nationalities stood in line to chat with Santa. An oddity: "snow" coming down inside the mall, once an hour for ten minutes, after which tiny Pakistani janitors armed with huge brooms

sweep it up in tandem. No real snow here.

It rained once the year I arrived in 1997.

Other incongruencies in this Middle Eastern Twilight Zone: tractors pattering along on major highways, camping in the dunes, goats in the back of Toyota pickups, seawater with temps like a hot tub, men holding hands in public, stores open until midnight, palaces, camel races, marbled gas stations where a gallon of gas will cost you 90cents. And a British chap on the radio advertising cross-dressing night at the most fashionable nightclub.

Yep, it's fun in Dubai.

It's been an education living and working among the transients of this multi-cultural city. The odd thing about Dubai, the obvious factor, which makes it different from nearly every other city, is that the indigenous nationals—referred to as "locals"—make up only 20% of the 900,000-strong population. The other 80% are residents, temporarily infused into a fast-paced society that has needed the brains and brawn of the world to build its structure and unique lifestyle. About half are from India and Pakistan. There are loads of Filipinos and Iranians, with the remaining 10% westerners. So I have something in common with the locals: I'm a minority here.

How do young people here in Dubai feel about America and Americans? After all, there is certainly a façade of western

idealism here: young people wear American clothing fashions and eat fast food; Five English-language radio stations belt out the American and British top forty, even playing the Country Music Countdown on Friday nights; and everything everywhere is in English. Right now, most of the residents of Dubai are irritated (to put it mildly) with the Bush Administration. They did generally believe Saddam to be an idiot; in fact, most residents here had been hoping someone would take the dog out and shoot him. What they objected to is the heavy-handed way the Bush administration handled the whole thing. For the most part, though, my Arab and Iranian friends think the States is cool. While it's not true that everyone wants to go live in America, it's a fact that many can appreciate the culture and values of the United States. We Americans tend to forget that we do have a lot of friends in the world.

I don't have much time for TV. But the TV listings are worth a browse, a bit of entertainment in itself. There's quite the variety of programming. Here's a glance at what the local station offers:

6:30pm: Hadith, Sayings of the Prophet

7:00pm: The Bold and the Beautiful

7:30pm: Discover Islam

8:00pm: The New Adventures of Lois & Clark.

That's Dubai for you.

What is feminism? A misconceived stereotype

What does a Feminist really look like? Can you please tell me?

"The first problem for all of us, men and women, is not to learn, but to unlearn."—Gloria Steinem.

Hello and welcome back to another fun filled year at UNO. Wow! How amazing!

Anyway, let me fill you in on the column that I wrote during the summer...

Let's have an imaginary flashback where you're sipping on a piña colada and laying out on a nice warm beach, reading the *Gateway* and come across the article "What is a feminist?" You read on and it talks about feminism being the social, political and economic equality for all women. It discusses that women have come so far in this world professionally and socially, yet we have a lot to overcome. Examples are sexism and sexual harassment in the work place.

So, now a picture of a feminist pops into your head. Now, you're probably thinking "Well I know she has short spiky hair, wears no makeup and dresses in guys' clothes." A Lesbian, man hater and pro-choice. That is so incredibly false. So, I'm going to explore the world of what a feminist looks like. Please join me on this journey...

A feminist can be any race, any ethnicity, so-called girly or not,

G's Spot



Ginny Adams

wears makeup or not, male or female, short hair or long hair, and so on and so on.

I'm so tired of people who don't know this, because it's such an outdated stereotype. Like Gloria's quote above we need to unlearn this stereotype and learn that anyone can be a feminist. Looks are just an outer appearance.

Let's erase this stereotype together! And, here's how we can do it!

1) Female and Male politicians need to bring this idea to their forums. Sounds superficial and crazy, but by doing this people will realize that the above stereotype doesn't apply to every feminist.

2) Educate our children that anyone can practice feminism and teach them its definition and who can

be a feminist. Anyone can be a feminist.

3) Stop treating feminism as a negative connotation. It's not negative, but progressive.

Anyone can practice feminism. It doesn't matter if you are a mother, single, Lesbian, homosexual, bisexual, whatever. And if anyone tells you differently, say "Kiss my ***!" He! He!

Now, why am I writing a column about how a feminist's appearance is perceived?

I want you to know don't judge a book by its cover. Listen to a woman or man speak about the social and political issues that women face, don't just try to label them by their outer appearance, because it's not all about that, but about the feminist's beauty within.

So, I'm saying don't let a labeling theory of a misconceived stereotype that society has betrothed unto you, about the outer appearance of what a feminist looks like determine if you are a feminist or not. Anyone can be a feminist. It doesn't matter what a person looks like on the outside, let's focus on what they look like on the inside!

Expand your mind and support your fellow feminists. This will lead to the advancement of women everywhere in all areas.

It doesn't matter if you are pro-choice or pro-life. If all feminists male or female joined together, we totally could make a difference in our society and in the world. I bet you we would become more like a matriarchal society and women's health, political, social and economic issues would rarely be overlooked. However, I'm not saying that all our problems would be solved if we just forgot about outer appearances, but just give it try. Maybe this will lead more people to self-discovery and the realization that they are feminists and/or would like to support local feminists.

the **Gateway**

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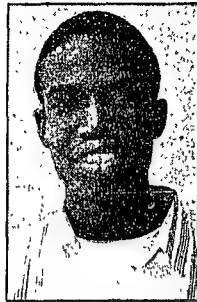
"Damaged Goods – Please Refund"

America sells. And by this I don't just mean that "America the cultural product" is in huge demand beyond the shores of this country, I also mean that the American community is continually buying and selling. Perhaps it is this rabid consumerism that sustains the nation - who knows? However, the focus of my musings of late has not been on the buyers, but on the sellers and what means they employ to ensure people buy and buy and keep buying.

Consider, for example, the advertisements. Carefully crafted and the results of a lot of painstaking research, they appeal to virtually every facet of the person's being. A car is not just an automobile - it is a living machine that can only be tamed by the most macho of individuals. It has a life of its own and its sleek features dare any who have the fortitude to step forward and master it. The advertisements employed also aim to instruct us at to how to identify the wise and the foolish. For example, one bank may claim only the wise bank with it - and a cable news channel may make exactly the same claim. Thus people seeking for wise spouses might want to find out where they bank and what news channels they watch. Indeed, it seems that psychological definition is the stock in trade of these advertisers. They define who the "men" are, who the "ladies" are, who the "right" ones are, who the "wrong" ones are. They define the "rich" and the "poor" and the "young, rich, poor" - they travel to foreign lands in search of exotic populations to put the right twist on their marketing - They fill billboards, big screens and spare time at the super bowl, and all for what purpose?

The purpose is simple and was well articulated by a past leader of the country. He opined that the primary business of the American people is business and that word like an ancient prophecy manifests itself in every nook-and-cranny of this country. But, we might question, have the consequences of such a prophecy *ex post facto* not compromised the values generally held to be cherished by the same nation? Recently I saw an advertisement by the king of petrodollars, Shell, on a cable station. It was scenic and alluring. The message was clear; "Buy Shell Gasoline". Under normal circumstances, I would expect anyone to be appealed to by the message - however, the problem for me was: Here is Shell, Evangelist of Change and Gas driven economies speaking of making waves of transformation and of changing peoples lives - yet, the price for Shell's gasoline is often NOT the currency doled out at the gas station but the shed

Coming to America



Fisayo Adejuyigbe

in the pursuit of its produce. Some of the most environmentally damaged areas in the world today are victims of Shell's activities - and here I speak not of legitimate business practices, I am talking about actions emanating from sheer carelessness and neglect. Certainly the world needs systems, and corporations to sustain humanity's masses but where the price of sustaining some is the of others and not just any kind of but that arises from neglect and carelessness - we must stop and begin to ask serious questions. Yes, we must sell and certainly we must buy - but at what price?

Often there are complaints from several interest groups. One speaks of targeted marketing at a particular ethnic group resulting in homicides and another speaks of targeted advertisement at a certain age group resulting in obese children who live at the table. Yet another speaks of marketing aimed at a certain gender group that perpetuates stereotypes about a different gender group. It seems these complaints may be justified because we do have homicides, we do have obese children growing fatter every day and we do have persons of a certain gender that objectify individuals in another however. In observing in what short time I have had, the advertisements in America, I would wager that the common principle that runs through their messages is "Give the People what they want - and don't forget, you can make them want anything!!!" Thus advertisement and salesmen bring in big bucks for American industries. Is this the same spirit that America carries over into its foreign relations? That it can make people want anything, sell anything and push its goods in whatever form into "the dark world outside"? Of recent, the world was asked to buy into the idea of kicking Saddam out of Iraq. It looked like a nice investment, the advertisers did their job at the U.N. and the advertisements looked strong and shocking (some say they were doctored) but a large proportion of the market didn't buy. Some did; and news reports in recent times seem to indicate a common verdict: "Damaged Goods - Please Refund"

Welcome back, heathens

Forever and a few days ago, I walked onto the UNO campus my first day of classes with a bag full of books and a head full of wonder.

Well, actually I didn't have any books with me because I spent all my money on grass that summer. Come to think of it, the only thing that filled my head was anxiety because I was disgustingly late to my first class—I never got the memo about having to spend a minimum of 30 minutes trying to find a parking spot on-campus.

Well, if you cross-reference the date on my high school diploma with my UNO transcript, it's obvious that I've stayed pretty true to form over the last couple...okay, five years of my college career.

So to kick off yet another stress-filled school year, I'm inviting you to take a miniature tour with me through the Milo Bail Student Center as we highlight some of the important things I've learned over the years.

As we walk through the front doors of the student center, we notice an office door to the left titled "Gateway." Inside you'll find a dozen or so writers and editors who make your busy schedule look like a weekend getaway in sunny California. They toil about into the wee hours of the morning making sure each magical issue of UNO's student newspaper can make it into your hands and then crumpled up beneath your car seat.

To your right you'll notice the student information desk. Pay no attention to this worthless waste of space. I've been here half a decade and still have yet to figure out what the hell I need it for.

It's the room *behind* the desk that harbors wonders beyond the imagination. UNO's game room is surprisingly better stocked than your average pizza joint. Pool tables, video games, pinball and touch-screen madness are great excuses to blow off class.

Walk a little further down the hall and you'll see UNO's prestigious "Fireplace Lounge." The first time I saw it, I thought...If they don't serve martinis, it's not a lounge.

This room really has only two uses: checking out women and taking a nap. If you're a freshman, then go ahead and take a nap—the seniors will be sure to check you out. If you're a little wiser, go upstairs to the sofas along halls—much less walk-through traffic.

Opposite the fake fireplace rests KBUL, UNO's radio station. After 45 minutes of nonstop pop music seeping through the in-house speaker system, you'll begin to wonder how the hell a community college across the

Manic Digression



Josh Bashara

river in Council Bluffs can put our University's broadcasting program to shame so badly.

Straight ahead you'll see a staircase leading up to a cafeteria. If it weren't for the wicked banana bread that tastes as if Jesus Christ himself baked it, the food would be pretty much the same variety you ate in high school.

Walk a little further and you'll notice the UNO bookstore to your left. Avoid it like the plague unless you get off on buying schoolbooks for twice as much as you can get online.

To your right, the student center convenience store is available for all the things you don't need and none of the things you do. With no cigarettes, liquor or A&W Root Beer, about the only useful thing you can get here is a computer lab print card.

Again to the right, take note of the bathrooms down by the sofas and chairs. For some reason, they're the cleanest on campus.

If you continue walking straight ahead you'll be met with an array of doors leading outside to the student center plaza, the hub of all things happening the first week of school. As you step outside, you'll notice that UNO's annual "Flirt and Fashion" week is in full effect. Women prance around in their sexiest wear for the first week of classes.

Egging them on will be the staple frat boys perched atop the balconies, whistling down to the "fine looking babes." These cries will undoubtedly and intentionally be loud enough for everyone in the plaza to hear.

And so our tour of the Milo Bail Student Center comes to an end. While you're wondering who the hell Milo Bail is, remember to have a good time while you're here and graduate as fast as humanly possible.

Have a great school year, you little heathens!

This is Manic Digression's third year at The Gateway and it is also now available online at www.ManicDigression.com. As always, Josh Bashara welcomes comments and questions to manicdigression@gateway.unoma.edu or josh@manicdigression.com.

visit the Gateway online

www.unogateway.com

Still keeping Le Resistance alive at UNO

As we start this new college year, we come to this campus with motivation and excitement in preparation for success. Well don't count on it, as many of you might already know there are forces out there betting against you. These are forces that we can't control because we have no power over any of them. I'm not talking about the Jedi either, so don't get lost in thoughts of the Millennium Falcon.

The force I'm talking about is the instructor. The teacher is the force on campus with all the power if you have their class. They can implement tardy policies and absent policies and even enforce homework. Someone needs to remind them that this is college and if you write on the syllabus that five missed classes is a failure, then 50 percent of your students will miss 10. It's an unwritten rule that says don't follow directions in detail.

Also the book conspiracy is probably the biggest setup if not in the world then at least on this campus. Anyone who has to pay over \$100 for a semester of books is being forced to participate with the system's money scams that they run on students. If a book costs over

Black Man w/ Attitude



Early Bryant

\$25 for a class, the instructor should focus on lectures and handouts. We are college students going to a cheap college. If we wanted to pay big bucks we would be at Creighton, at least we would have a big name for a cheap education.

This is college for God's sake, don't expect work to be done on time, and when the work is not, don't tell us you won't accept late assignments. These renegade teachers who sugar coat the hardest test in their classes with comments on how easy the test will be if you studied. This is college people! Who studies for tests? I don't study, I cram and cheat.

Yeah I cheat, I figure if you're not cheating you're not trying. My efforts to cheat on a test are all in part of my studying and putting my best effort into passing a class. You have to take in part that college is a portion of life that makes you the person you will be in the future. When the going gets tough the tough gets going.

This is all part of the battle of the classroom that we as students go through to survive on one of the toughest campuses in the state. If this was a mediocre education system then I wouldn't suggest these actions. Instead I say by all means necessary to pass and graduate. These instructors aren't your friends; they are all part of the system of education that is holding the fun loving college student down.

Do not fall prey to the GA either. These people are spies for the teachers playing the buddy role to find ways to screw us over even more. If they were really your friends, they would pass out copies [of the] test a week before they are scheduled.

Last, but not least, don't for one second think by talking to your teacher after class that they will

understand your struggle. Here is a scenario for you to think about: You average a 65 percent on three class exams. Your class average is also a 65% and you get an 80% on your final. A huge change in your test grading and you expect to at least pass the class with that final boost to your grade. Well sorry to disappoint you, but when you look at E-Bruno and see you have a D+. You know what a D+ is? It's the teacher's way of saying nice try and thanks for struggling for a C-minus, plus your \$300 donation to your transcripts since you will have to retake this class to get a passing grade to help your GPA. What I suggest from now on is the honest[y] policy from instructors. If a student has a snowball's chance in hell in passing your class before the drop line, tell them the last day of drops. They will appreciate not wasting their time and yours as well.

Till a teacher has the integrity to let me coast through their classes and not struggle through the last month through examples of butt kissing and pleading for a C-, I will continue my revolution. Le Resistance will live on or whatever.

Participation is key to meeting others, having positive experiences

There are so many activities on campus that call for student involvement it would take forever to list them all.

I speak from experience and find that because I have been given a voice, I must speak at the top of my lungs everyday (for those who know me personally, stop laughing).

Anyway, this is a cry, in particular to my fellow African-American people who just go to class, go to work, go home, in whatever order you do what you do. Take the time to speak and smile to one another on a daily run of classes, speaking or smiling to an additional 50 people will connect you to experiences and maybe a friend of a lifetime.

Over the weekend I was bugged with this thought and because it wouldn't let me go, I decided to let it attach to as many people as possible.

Figuring that if enough people got bugged, we would do something about it.

Here is a shameless bit of back patting that I can't resist. I began here at UNO in January and I will be completing my second bachelor's in December.

The big difference is that I got linked to some strong clubs and organizations.

First, I was encouraged by an

Spicy all the time



Lachelle Price-Parker

instructor to write for the *Gateway*, UNO's student newspaper. I found out they are always looking for writers. So, I jumped at the chance to make some money and infect the minds of others.

On my way to the *Gateway* I got a little turned around in the Milo Bail Student Center and found the Organizations and Leadership Programs office. I walked in and was greeted by a student with the warmest smile who took time to talk to me and help me find my way. Her name was Liza Arellano.

She worked at the reception desk and led me down a very unexpected path. She is really a good friend today and is now President of the National Council of Negro Women, Inc chapter at UNO, of which I also joined.

My public relations instructor introduced me to UNO's Public Relations Student Society of America. So, I joined that also.

Everything I have come in contact with has in turn introduced me to something I would not have experienced. For example over the weekend I went to a great art exhibit for the first time. For free I must add because I am a reporter for the campus

From Himalayas to the plains of Cornhusker land

Nepal to Nebraska is a real a big journey. Spending 22-23 hours on a flight to go home scared some of my friends in Omaha, when I told them how far my home is. So many things are unimaginable for the people who have never left their hometown in their life. It's even more unimaginable to think about all series of mountains and the highest peak of the world living in Nebraska's unending cornfields and the plain. It was out of my imagination too, to see Omaha, completely covered in a snow blanket in winter because even though I came from the land of Mount Everest and Himalayas, I've seen and touched the snow for the first time coming in Omaha itself.

As Nebraska is the first state I stepped on after arriving on US land, it is as dear to me as my own homeland. The initial letter of both my places, Nebraska and Nepal is 'N'; however Nepal is comparatively a very small country, the area of it is 147,181 sq. kilometers, which is even smaller than the single state of Nebraska itself. The geographical boundary of Nepal is divided into three parts; northern range is full of Himalayas, middle part are valleys and hills and the southern range is a plane. Embracing eight out of twelve world's highest peaks has made Nepal the number one Mountaineering destination for the extremely adventurous. The majestic range of Himalayas always has been a wonder,

Nepal to Nebraska



Shilu Neupane

fascinating stories of adventure, myth, mountaineering and exploration from the early times till this date. Mount Everest, which is the roof of the world, (highest peak of the world) is 8,848 feet. It is called 'Sagarmatha' in Nepal.

Nepal is a south Asian country situated in between China in the north and India in

the east, west and south. It's like a sandwich between two geographically huge countries. Nepal believes in constitutional monarchy. A king and queen rule the country. Even though it is small, it is an independent, democratic country. Population of Nepal is about 23.2 million. Nepalese cherish the harmonious blending of Hinduism and Buddhism. The social frame is patriarchal. However, matrimony is respected as well. Hindus are one of the few people who worship female deity as symbols of power and truth. Mothers are regarded as goddesses. Nepal is rich in natural resources. Natural beauty is abundant in the little country, so is the cultural heritage. It is called the country of mountain resorts and temples. Every year, lots of tourists visit Nepal for trekking, mountain flights, rafting in great glacial rivers etc.

Whenever big holidays and beautiful time comes, whenever UNO students pack their baggage to go

UNO soccer team gears up for season

PAUL FREELAND
Senior staff writer

Throughout the past three seasons, UNO, Northern Colorado and Minnesota State-Mankato have represented the class of North Central Conference soccer.

All three teams qualified for the NCC tournament each of its three years. This season, however, UNC made the jump to Division I and left the NCC. With one of the conference's two NCAA tournament participants no longer in the league, the race for the third through eighth slots may go down to the final match.

NCC Team Capsules (teams listed in reverse order of placement):

Augustana (2002 record 4-15-1 (1-7), 9th): A four-win season may not seem like much cause for celebration, but it is a definite improvement for Augustana. The Vikings' 2001 campaign saw them lose all 16 matches and surrender over 100 goals. Head coach Steve Burkhalter took over at the start of 2002, though, and helped the Vikings to a 4-15-1 campaign, including their first conference win since the 1999 season.

Augustana sports a young roster with only two juniors and two seniors and they also return their top four scorers from last season. Still, look for the Vikings to remain near the bottom of the NCC.

South Dakota State (10-8 (2-6), 8th): Big things were expected of the Jackrabbits in 2002, but a win over Minnesota-Mankato was followed by six consecutive conference losses.

SDSU has to fill the offensive void of losing three of their four leading scorers from last season. A veteran and cosmopolitan roster, featuring only two native South Dakotans, should see the Jacks move further from the NCC cellar.

St. Cloud State (7-7-2 (2-6), 7th): The Huskies started 2002 with a 5-1-1 record before tailing off in October and losing four of their last five matches.

SCSU returns five of their six top scorers from 2002 and should find themselves among the mid-table teams in the NCC.

North Dakota State (9-8-2 (3-5), 6th): Pete Cuadrado takes over NDSU, his first head coaching post, and looks to get the Bison back to the NCC tournament for the first time since 2000.



photo by Kelley Gaughan

Junior Anne Willrett, no. 28, battles for the ball in a game against Creighton University. Willrett, a forward, received second team All-NCC honors in 2002.

Cuadrado, a 2000 Texas Christian University graduate, will have the services of Olivia Cole and Jessica Rogers, the team's two top goal scorers. The Bison have a mix of experience and youth on their roster and should be in the running for the final NCC tournament spot.

South Dakota (10-8 (4-4), 5th): South Dakota entered the final weekend of NCC play with a chance to qualify for the NCC tournament, but losses at NDSU and Minnesota-Mankato dropped the Coyotes into fifth place.

USD's road to the tournament will not be any easier in 2003 as they start with seven consecutive road matches. They close the season with four of their last five conference matches at home, but will be hard pressed in the running with just six upperclassmen.

North Dakota (10-6-1 (5-3), 4th): Stephanie Pfeiffer, one of the NCC's leading goal scorers, returns to lead an experienced Fighting Sioux roster that made

its first NCC tournament appearance in 2002.

Head coach Matt Granstrad's squad returns 14 upperclassmen from a team that won nine of 11 matches after starting 0-2. UND's combination of experience and offensive firepower should make them one of the most dangerous sides in the conference.

Minnesota State-Mankato (14-6 (5-3), 3rd): Mankato's 2002 season followed a frustrating trend for the Mavericks, reaching the NCC tournament final for the third straight time only to fall to UNO for the third straight time.

NCC leading scorer Amber Dusosky returns to a talent-laden squad that should find itself once again in the running for the conference regular season and tournament titles.

Nebraska-Omaha (22-1 (8-0), 1st): UNO's record-setting 2002 season was 45 minutes away from a perfect ending, but chances for an encore performance are looking increasingly daunting.

Twelve players departed from last season's roster, five through graduation, including leading scorer and NCC Player of the Year Stephanie Kruse. With the target of a preseason No. 2 ranking on their backs and defensive depth a concern, UNO's continued dominance of the NCC is anything but assured.



Thursday Night UNO League
September 18-November 20

\$5.25 Pitchers
\$1 Draws
Shot Specials

9 Pins No Tap
(9 pins=strike)

\$6 per person per week
4 on a team
(Team members can vary each night)
Pizza Party on the last night

4725 S. 131st. Street
(Corner of 132nd and L)
895-3808

\$9.95
Limited time offer
New accounts only
IN DSL
or
Dial-Up
INTERNET NEBRASKA
1-800-GET-INET

Offense shines in football scrimmages

BY BRIAN BRASHAW
Sports editor

With just two days until the UNO football team travels to the University of Nebraska at Kearney to open their season against the Lopers, coach Pat Behrns has found several reasons to be hopeful going into the year.

UNO was recently named the No. 22 team in Division-II football. UNK was ranked No. 20. But the performance of the Maverick offense in fall scrimmage will give UNO a positive attitude going into hostile territory.

In an hour and 40 minute workout, the Maverick offense compiled 587 total yards and scored six touchdowns.

Senior runningback Justin Kammrad, getting his chance to out from under the shadows of several accomplished UNO runners, rushed for 129 yards and scored two touchdowns, a 37-yard run and a 1-yard punch.

Quarterback Brian Masek completed 16 of 18 passes for 161 yards and one score.

The second team offense also racked up some decent playing time. Sophomore Kyle Kasperbauer ran for 94 yards and a score and redshirt freshman Scott Anderson added 56 yards and a score. Freshman quarterback Chris Kuehl threw for 53 yards on 6 for 12 passing.

Chris Denney led all receivers

with 81 yards on six catches and senior Ryan Krause added 33 yards and touchdown.

All in all, the Maverick offense ran for 349 yards and racked up another 238 in the air.

Though the defense was victimized, they also had some moments, registering six sacks and a safety.

Rivalry adds sound to fury

The alumni associations of UNO and UNK have teamed up to purchase a traveling trophy of sorts to reward the winner of the Maverick-Loper rivalry.

The associations have commissioned Paccard Fonderie de Cloches of Annecy, France to design a bell commemorating the rivalry that dates back to 1915. The company cast the bells in the towers at both schools.

UNO leads the series 22-8 and has won 7 of the last eight meetings. The Lopers won last year at UNO 35-17. To the winner this year goes "The Victory Bell". The bell will travel with the winning team and remain on campus until the following year, providing even more flames in the game. The bell will have the final score of each game imprinted on a brass plate that will rest on the oaken base. Each year a new imprint will be made with that year's score.

The UNO-UNK rivalry bell tolls Thursday night at 7 p.m. in Kearney.

Pat Behrns vs. Pat Burns: A coaching comparison

BRIAN BRASHAW
Sports editor

Two coaches, two sports, same name. But which is the better Behrns/Burns?

Sports coaches are the field generals who never touch the ball, never slap the puck, but always give great intermission and halftime speeches.

I guess the most important question, to which victor go the spoils in the this Pat Behrns/Burns civil war. Who has the better gig, who has the better trophies, which one is UNO's football coach and which is the New Jersey Devils Stanley Cup winning coach?

Here we go:

Category: Easier Opponents

UNO Behrns: Lopers and Vikings and Bison, oh my! Not exactly lions and tigers and bears, but hey, Dorothy is still scared.

New Jersey Burns: Salary Caps, Senators and Satan.

Advantage: UNO Behrns, I don't care if Miroslav Satan is just a winger for the Buffalo Sabres, those opponents are still hell.

Category: Most Pressure

UNO Behrns: Rebound from 6-5 season, Win the North Central Conference, keep Randy Stella on the team.

New Jersey Burns: Repeat as

Stanley Cup Champs, win the fans over with good defense, decide just how much French-Canadian accent should be applied to the name of goalie Martin Brodeur without sounding too snobby.

Advantage: Push, that whole Stanley Cup thing kind of evens it all out.

Category: Trophies in pocket

UNO Behrns: Three North Central Conference titles, three NCC straight winning seasons, and the second best winning percentage of all UNO coaches (.612)

New Jersey Burns: Name engraved on Stanley Cup.

Advantage: New Jersey Burns, is there any greater trophy in all of sports?

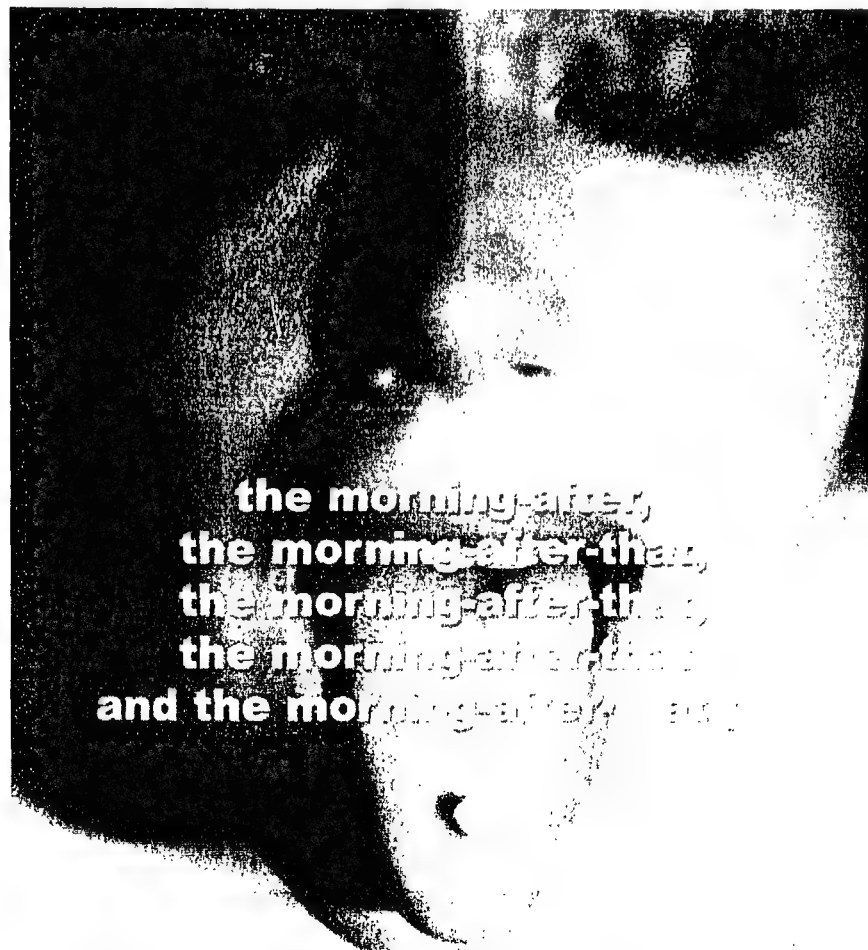
Category: Easier to deal with player complaints

UNO Behrns: Do I really have to go to class? It's freaking hot on the field. I should be getting more playing time. I should be getting paid more.

New Jersey Burns: Oh man, no chartered flight? It's freaking cold on this ice. I should be getting more playing time. I should be getting paid more.

Advantage: Push, Give credit to these guys for not snapping years

SEE PAT, PAGE 38



If you have unprotected sex for whatever reason, or you were sexually assaulted, you can still reduce your chance of getting pregnant. Emergency Contraception (EC) can help prevent pregnancy if taken within 120 hours (5 days), but the sooner the better. EC is available on a walk-in basis at:

Planned Parenthood - 1-800-230-PLAN
health centers in Omaha, Lincoln, Council Bluffs



Are you experiencing:

- ☐ Depressed mood most of the day, nearly every day?
- ☐ Decreased pleasure in activities?
- ☐ Feelings of worthlessness or guilt?
- ☐ Loss of energy?
- ☐ Loss of concentration?

If so, you may be suffering from depression.

The Creighton Psychiatry Research Center is conducting a research study to evaluate an investigational medication in adults between the ages of 19 and 75 who suffer from depression. The study is aimed towards those who are not currently being medicated for their condition or whose current treatment is not proving successful. Participants will receive investigational medication, all study-related laboratory tests, physical exams and psychiatric evaluations at no cost.

For an initial pre-screening, please contact:

Creighton University
Department of Psychiatry
Research Center
(402) 345-7100

Creighton
UNIVERSITY

1878 **125** 2003

Campus Security

Eppley Administration Building, Rm 100

— Help Us Help You! —

Security

- Buildings are patrolled 24 hours daily.

Personal Safety Checks

- Individuals who may be working alone, outside of normal working hours are encouraged to contact Campus Security. Security officers will periodically check on your safety while you are on campus.

Extras

- Campus Security provides assistance to motorists 24 hours daily, to jump-start your vehicle, open a locked vehicle, and change a tire in certain situations, for vehicles on campus only

Emergency Messages

- Should your family or friends need to have an emergency message delivered while you are in class or on campus, have them contact Campus Security. Emergency messages will be delivered in case of a medical emergency or a matter of life or death.

Personal Escorts

- The escort service is available for individuals any time at their request while on campus. Contact Campus Security at 554-2648 to arrange for the escort.

Emergency Procedures

- The University emergency number is 4-2911.
- There are telephones on campus that can be used to report an emergency.

Suspicious Persons or Crimes in Progress

- Should you witness a crime in progress, or other emergency, use the campus emergency number 4-2911.



Please Obey the Signs!

Parking & Traffic

- Shuttle service is provided from the South Campus lots 5, 6, 7 and 9-**permit required**.
- **NEW**-Remote parking is provided from the Crossroads Parking Structure at 72nd and Cass Streets-**no permit required**. (See ad on pages 6-7 for more information.)
- Contact Campus Security for a shuttle schedule and remote parking locations.

Lost and Found

- Campus Security maintains the lost and found system. Contact Campus Security for lost items.

Fingerprints

- The Campus Security Department provides a fingerprinting service for individuals who require fingerprints for local, state and federal positions and for children of students, staff, faculty and alumni.

Blue light Emergency Phones

- Blue Light Emergency Phones are located throughout campus. Use the phones to report emergencies or to contact Campus Security for assistance.

Operation I.D.

- Your stereo tape-deck, calculator, or other personal belongings may be engraved to aid in finding lost or stolen property.
- Stop by the Campus Security Office and check out an engraver and instructions to engrave your property.

Medical Emergency/Personal Injury

- Call 4-2911 to report a medical emergency or a personal injury. Campus Security officers will respond and render assistance.
- Campus Security officers are trained to provide basic first aid, CPR and the use of an A.E.D. (Automatic External Defibrillator).

University Building Keys

- Campus Security is responsible for the control of the University key system.
- Eligible University employees should make requests for University keys through their department chairperson to Campus Security.

Theft or Damaged Property

- Should you have items stolen or damaged, report the incident as soon as possible to Campus Security.

See Campus Security Home Page

(www.unomaha.edu/~security) for Campus Safety Alerts!

Campus Security • 554-2648

Odd year means odd outcomes for UNO and the NCC

BRIAN BRASHAW
Sports editor

From 1996 to 2000, even years meant North Central Conference championships for the UNO Mavericks. It was always the odd years that tripped UNO up for repeat titles.

But that was when North Dakota and North Dakota State were both strong and the odd years were the ones the Mavericks traveled north to play said teams. Now that those two programs are struggling, State more so than N.D., that home field advantage can be overcome with superior talent, and this year UNO has just that.

Preview time ... Now that Northern Colorado has bounced to I-AA football, the Mavericks, let alone the rest of the conference, have no need to fear their factor. That leaves two teams that stand out for this year's race, and the odd year may prove a title year for the Mavs for the first time.

St. Cloud State finished runner-up to Northern Colorado for the crown last season. The Huskies pounded UNO last season in St. Cloud by taking advantage of the Swiss cheese defense. Quarterback Keith Heckendorf and company racked up almost

700 yards of total offense on route to a 47-19 rout of the Mavericks. Heckendorf himself passed for 369 yards, 15 more yards than UNO's total offensive output. Yet that was UNO's only loss in their last five games and the upsurge could very well spill over to this season.

The X-factor to the entire UNO season is how good the two North Dakota schools will be. With former Nebraska assistant Craig Bohl at the helm for North Dakota State, the pressure will be put on the team to vastly improve their 2-8 mark from last year. And with the team going to I-AA next year, it wouldn't make a good impression to be a D-II doormat this season.

South Dakota State also has something to prove as they as well will be moving to I-AA football next year, as announced just last week.

Still UNO and St. Cloud State will be the teams to catch, and both the coaches and media polls agree. This is odd because that is a first for SCSU, they have also not won an NCC football title.

St. Cloud State received 151 points in the media and 60 points in the coaches' polls to UNO's 127 in the media and 55 in the coaches. North Dakota got third in both.

That's expected how the season will play out. North Dakota State will be better, Augustana could be worse, though all their games were close wins and close losses (with the exception of big losses to Northern Colorado and St. Cloud State), including three overtime games. South Dakota, Minnesota State-Mankato and South Dakota State shouldn't be factors for the title, but their game-to-game danger remains. Meaning they will win games they maybe shouldn't and lose games they maybe should.

Prediction Time ... UNO will win their game against St. Cloud State for two reasons, they are home and they have something to prove. The challenge for UNO actually comes before conference time even hits. UNO comes in ranked No. 22 in D-II national coaches' poll, however the talented opponents come heavy early. The Mavericks open with No. 20 University of Nebraska at Kearney and follow that with a first-time meeting against No. 6 Indiana University at Pennsylvania, and both are road games. UNO may very well kick off the year 0-2, but if they pop out strong it could be an impressive 2-0. The Mavericks then should rattle off six wins after that, including their first

four conference games. Should, not will, should. The back to back games against NCC favorite St. Cloud and a trip to North Dakota before coming back home to end the season with a win against MSU. Unfortunately, UNO will most likely lose one of the two North Dakota trips, but a northern sweep isn't out of the question. Predicted record: 8-3, however what's undecided is whether two of those losses are in conference or out. If they have just one conference loss, UNO could find themselves in a tie with SCSU for the NCC crown, if two come in conference, they'll lose out to the Huskies. Although the Huskies' two toughest in conference games will be on the road, I don't see them losing more than one conference game. Their offense is just too good. They averaged over 37 points per game last season and most of the weapons are back.

Predicted NCC Standings:

St. Cloud State
Nebraska-Omaha
North Dakota
North Dakota State
South Dakota State
Augustana
Minnesota State
South Dakota

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Happenings around the beautiful game

PAUL FREELAND

Senior staff writer

Two new Americans playing abroad and a return to earth for the United States men's national team highlighted the summer soccer news around the U.S.

Metrostars goalkeeper Tim Howard became the latest American netminder to start plying his trade in England as he signed with English Premier League champions Manchester United. Howard saw his first action in a Red Devils uniform during the team's pre-season tour of the U.S., in which Howard was in net for wins over Barcelona and Juventus.

United's roster sported three international keepers before Howard's arrival, but manager Sir Alex Ferguson showed his belief in the American with a start in net against Arsenal in

the Community Shield. Howard allowed a long-distance free kick goal from Thierry Henry, but redeemed himself with a pair of saves in the penalty kick shootout.

Ferguson stuck with Howard as the EPL season kicked off and was rewarded with a shutout against Bolton and a 2-1 win at Newcastle United. With Spanish international Ricardo going on loan to Racing Santander and World Cup winner Fabien Barthez not even making the bench, Howard looks to be the third American starting keeper in the Premiership.

Another American moving to England is 20 year-old DC United midfielder Bobby Convey. London club Tottenham Hotspur signed Convey, who plays both midfield and left back for the U.S. national team, for an undisclosed fee on August 13. Convey's transfer is subject to approval for an English work permit, but he could see first team action upon approval as a rash of injuries has left Tottenham manager Glenn Hoddle short-handed.

U.S. manager Bruce Arena fielded an experimental squad for the 2003 Confederations Cup in France and got decidedly mixed results. The U.S. opened play against World Cup bronze-medallist Turkey and took an early lead through DaMarcus Beasley, but lost 2-1 after a dubious penalty decision in Turkey's favor.

Brazil dominated the Americans in their second match, but a stellar performance from Howard kept the scoreline at 1-0. Having been eliminated from the tournament, the U.S. and Cameroon, who had already qualified for the semifinals, played out the string in a 0-0 draw.

Having defeated Paraguay 2-0 in a warm-up match, the U.S. set about defending its CONCACAF Gold Cup title. A 5-0 thumping of Cuba followed a 2-0 win over El Salvador, as Landon Donovan became the second American to score four goals

in a match. Brazil ended hopes of a repeat, beating the U.S. 2-1 on a late penalty kick, but the Americans rebounded to beat Costa Rica and former U.S. coach Steve Sampson 3-2 in Miami.

Freddie Adu's star continued to rise as he led the U.S. at the Under-17 World Cup in Finland.

Adu, 14, sparked a U.S. comeback against South Korea as he had a hat trick in a 6-1 win. The Ghanaian-born phenom did the job again in his team's second match, enduring a physical Sierra Leone defense to score the winning goal just before full time.

U.S. coach John Ellinger rested three starters, including Adu, against Spain in a 2-0 defeat and the Americans were knocked out of the tournament Sunday 3-0 by Brazil, one of the tournament favorites.

China was originally slated to host the 2003 Women's World Cup, but the SARS outbreak forced FIFA into a last-minute relocation. Sweden and Australia had bids considered, but the U.S. was chosen as the new host.

Despite the home-field advantage, the path to back-to-back titles will not be an easy one. The U.S. was drawn into the "Group of Death" alongside Sweden, African champions Nigeria and Asian powerhouse North Korea. The Americans will open defense of their 1999 title September 21 in Washington, D.C., against Sweden before playing in Philadelphia on September 25 (Nigeria) and in Columbus, Ohio, on September 28 (North Korea). The WWC final is scheduled for October 12 at the Home Depot Center in Carson, Calif.

Group A: United States, Sweden, Nigeria, North Korea

Group B: Norway, France, Brazil, South Korea

Group C: Germany, Canada, Japan, Argentina

Group D: China, Ghana, Australia, Russia



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Rebuilding year for Mav volleyball

J. PARKER ADAIR

Senior Staff Writer

"We are not pleased at all," said UNO volleyball coach Rose Shires after dropping all four games to the Alumni team in an exhibition Saturday night at the Sapp Fieldhouse.

The Mavericks finished last season with a 14-17 record and 4-12 in the North Central Conference. This year, the Mavs will have to replace four players from last year's team and boast just one senior, setter Kylie Lebeda.

"There is no inexperience on this team," Shires said. "All of our juniors have been playing since they were freshmen."

What would look to most as a rebuilding year, looks to the team to be an opportunity to take the conference by surprise and set up a possible title run for next year. To make a run, the team will have to lean heavily on middle blockers Alyssa

Matthes and Katie Blacketer.

The Mavericks were a respectable 10-5 out of conference last year, but being part of the toughest conference in the nation (five teams qualified for nationals) doesn't help a national title run.

"We want to have the best defense in the conference and go to regionals," Lebeda said. "We also need to work on our communications."

If the exhibition gave fans doubt to their abilities, perhaps attending a practice might erase those doubts. Both Shires and Lebeda were vastly disappointed in the fact that they played way below the level they practiced at.

"We need to get out on the competitive floor what we get on the practice floor," Shires said. "We need to make a change. We are way too good for this."

SEE VOLLEYBALL, PAGE 36

Former UNO student in coma after struck by lightning

MARION RHODES

News Editor

Some people say that when you get struck by lightning, you either instantly die or lose conscience and wake up after a few minutes.

That wasn't the case for Rachel Wade.

The former UNO student has been hospitalized since she was struck by lightning July 25 in Colorado Springs, Colo.

Rachel, 20, is currently in a coma at the long-term acute care unit at St. Francis Hospital in Colorado Springs.

Rachel attended UNO during the fall semester of 2001. She played volleyball for UNO and was a staff writer for the *Gateway*.

She now is a junior at Colorado State

University in Fort Collins, Colo., with a major in sports medicine.

Rachel's mother, Rita Wade, said while Rachel remains unconscious, she reacts to stimuli such as pain and touch.

"The doctor will pinch her finger, and her leg will move and she'll pull her hand away," Wade said. "But it's not like a wake response."

Wade said Rachel also has opened her eyes and follows things with them, and she is breathing without a respirator, moving her feet, and has begun to have a cough reflex.

Still, Rachel doesn't talk or respond to specific requests.

In a state such as this, every little improvement is a step towards recovery. The

SEE STUDENT, PAGE 36

May preseason emphasizes progress, not just its

PAUL FREELAND

Senior staff writer

UNO's defense allowed 10 goals during the soccer team's preseason, as many as they allowed in all of 2002, but everything is on schedule, according to the Mavericks.

Losses to the Canadian national Under-17 team and Creighton sandwiched a win over Bellevue University as the Mavericks went 1-2 during their exhibition games. Team Canada beat the Mavs 6-1 on UNO's second day of practice and the team rebounded to beat Bellevue 3-1 before falling 3-0 to the Bluejays.

Maverick midfielder Christen Boeckel said the team's emphasis during the exhibition season was to gauge itself against quality opposition.

"Our approach to the preseason hasn't been so much about getting results," Boeckel said. "We wanted to challenge ourselves against good teams early in the year and I think we've done just that."

UNO took on the Canadian U-17s, who were in the midst of a residential camp based in Lincoln, after just one day of practice. The Mavs got off to a quick start as Boeckel played the ball across the face of goal to a waiting Brytten Kraft, who put her shot into the roof of the net and put the Mavericks up 1-0 with two minutes gone.

Canada responded quickly, though, tying the game five minutes later and taking the lead in the 30th minute. UNO's lack of match fitness showed as Canada's speed and direct play pulled apart the Mavs' defense and the Canadians ran out 6-1 winners.

Freshman forward Haley Fries said the team did not dwell on the result as they knew they could do better.

"It was embarrassing," Fries said. "We wanted to use that game as a starting point. We knew we could come out and do better than that, and we didn't want it to happen again. It's good to get a game like that out of our system early."

UNO got out of the blocks quickly again versus Bellevue. Molly Herzberg played Fries in behind the defense in the fifth minute and the freshman slotted the ball past Bruin keeper Jenny Fauble for a 1-0 lead. Herzberg almost doubled the score twice with a pair of free kicks, one that bounced off the crossbar and another that forced Fauble into a diving save. UNO's second goal finally came six minutes before the interval as Stephanie Kirby played a through ball to Fries, who rounded the keeper and slid the ball into the empty net.

Bellevue got on the score sheet four minutes after halftime, but Heidi Bargmann restored the Mavericks' advantage 12 minutes later. The Bruins' defense gave Bargmann space just outside the box and she took it, lining up a shot that dipped under the bar and past the outstretched goalkeeper.

Maverick head coach Don Klosterman noted his team's improvement in fitness and said the match gave him a chance to put players in some different positions.

"I thought we same improvements out there today, especially in our fitness," Klosterman said. "Having 10 days of practice and playing together really showed. The game gave us a chance to try people in other positions and allowed us to do some

experimenting."

UNO's defense, still adjusting to the absence of 2002 North Central Conference Freshman of the Year Meghan Pile, was put under pressure yet again against Creighton. The Bluejays took the lead in the eighth minute when Mav keeper Amy Price came out to play through ball but missed, allowing Regina Moench a chance at an empty net, which she converted. Moench scored CU's second goal 10 minutes later, running onto a knockdown from Lulu Quigley and touching the ball past an onrushing Price.

Ashley Grace created the Mavericks' best chance of the night in the 36th minute when she stole the ball in Creighton's half and laid it off to Tricia Braziel, who then touched it on for Fries. Fries' shot, however, could only find side-netting.

Most of the sting in the match had subsided when Ivonne Valentin closed out the day's scoring, heading home a Quigley corner kick in the 85th minute to put CU up 3-0.

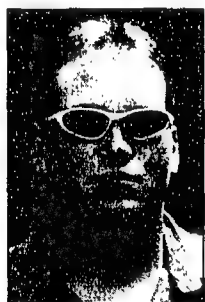
Klosterman said he was pleased with his team's effort, despite the scoreline, and said he was ready to kick off the regular season.

"The goals were a typical breakdown that you'd expect to happen in the preseason," Klosterman said. "Hopefully we'll avoid those during the regular season. That's the way we play, though, and things like that will happen. Both teams played well and I thought we got some positives out of the game. Right now I'm ready for the regular season to get started."

UNO will start their quest to return to Virginia Beach, Va., Friday as they host Minnesota-Duluth at Ak-Sar-Ben Field. Kickoff is slated for 5 p.m.

Brooks' passing reminds us to live to inspire

Livewire



Brian Brashaw

Hockey lost a legend two weeks ago. Any words that can be said about the tragic event cannot give it justice.

Sure we can all say Herb Brooks, the orchestrator of the 1980 "Miracle on Ice" USA Hockey team, was at the very least a mentor and an inspiration to his players, but his effects on the sport of hockey reach far beyond the

rink. Brooks died in a single-car accident just outside St. Paul, Minn. on Monday, Aug. 12.

Brooks himself was a player for the 1964 and 1968 USA Hockey Olympic teams and went on to consistent success as a college coach, winning three national titles with the Minnesota Golden Gophers. He then coached at the NHL level and in

his later years was the director of player development for the Pittsburgh Penguins. Last year he returned to the USA bench to coach a group of professionals to a silver medal.

It was the job with Pittsburgh that brought him to Omaha, the Civic Auditorium on scouting missions. It also brought me the interview of a lifetime, twice.

Herb Brooks was like a lot of people were to me, someone I knew, but who didn't really know me. I had the pleasure of interviewing Brooks twice while on stops through Omaha at Mavericks hockey games. He was very fond of the old barn, calling one of the best in college hockey.

Although I had interviewed him on a couple occasions, Brooks probably couldn't have picked me out of a lineup of three reporters, let alone the thousands who had the privilege to interview him during his decades of coaching.

But that's one of the beauties of the business of journalism. People you interview can inspire you simply with their words, their stories, and the people they are. As journalists, we are so lucky to have the access we do to people, and have the ability to write their words and transform them into

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NCC volleyball title ripe for the picking

By J. PARKER ADAIR
Senior Staff Writer

With half of the teams in the North Central Conference ranked in the top 20 nationally and defending champion Northern Colorado departing for Division I, the NCC title race is as open as a Wal-Mart store.

South Dakota State, preseason No. 15, may be an early favorite to win the NCC. The Jackrabbits return two of their top three hitters from the national qualifying team, but must replace All-American setter Angie Rime. That task won't be easy as two freshmen will both vie for that role and the collegiate inexperience in the key role could send the Jackrabbits to the NCC cellar. The first three games of the NCC season will show what SDSU is made of as they take on North Dakota State and North Dakota on the road before returning home to host Minnesota State-Mankato. Mankato finished third in the NCC behind Northern Colorado and SDSU. The Mavericks look to improve on their 24-7 record and qualify for nationals for third straight year. Mankato boasts dominating front line that would make even the Germans retreat. Outside hitter Jen Jacobs hit .269 while she led the team with 4.08 kills and 4.06 digs per game. Right-side hitter Nicole Rose hit .277 averaging 3.63 kpg and 2.67 dpg. Middle blocker Sarah DeMars was dominant in the block department, her nationally ranked 1.34 bpg led the league last season while she averaged 2.83 kpg and hit .296. Mankato is ranked 19th nationally.

North Dakota heads the list of three bubble teams that finished 8-8 in the conference and could finish at the top or the bottom of the conference this year. The Fighting Sioux won 17 of its first 18 matches. Three of the top four hitters from a year ago return. Middle hitter Heather Hanson led the team with a .280 hitting percentage while Outside hitter Emily Tuve led the way with 3.19 dpg. The two senior hitters will

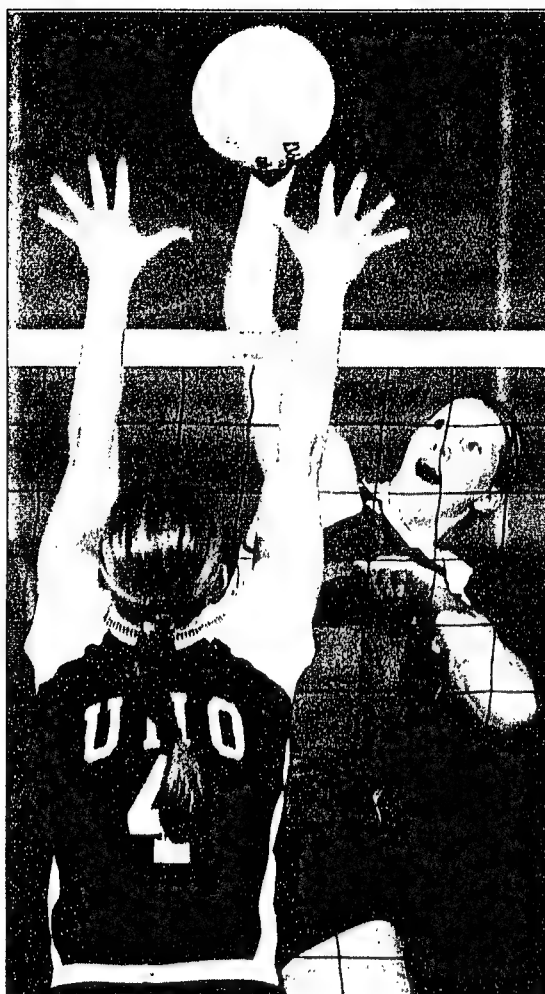


photo by Josh Williamson

Alumni Nikki Mastny attempts to block a hit by Alyssa Matthes during the Alumni match Saturday night

be joined by junior Kristi Glassmann who had a solid 2.93 dpg and 2.88 kpg for UND last season. North Dakota received votes.

North Dakota St. also finished 8-8 last season,

the last of NCC teams to qualify for nationals. In what was supposed to be a rebuilding year, the Bison went 21-12. Junior Kim Hebl .415 kpg while senior Jenny Gronner hit .274 on throne year. Senior setter Kari Holmgren averaged 10.86 assists per game. NDSU is ranked 18th nationally.

Augustana is the third team that finished 8-8 in the NCC last year. The Vikings are led by three seniors. Outside hitters Sara Larson and Jackie Hingst lead the way. Larson led the team with 3.63 kpg and Hingst led with 3.89 dpg. Sophomore setter Angela Hummel can play a huge role looking to improve on her 11.65 apg. The Vikings are ranked 25th nationally.

South Dakota won their most NCC games in school history and looks to improve after Brian Lamppa takes over head coaching duties. The Coyotes return six of their top seven hitters from a year ago. All NCC selection Becky Olson returns bringing her .224 average and 3.04 kpg and 3.27 dpg. Junior Liz Selzer will have to step up to the fill the void left by Lyndsey Finney's graduation.

Then of course is St. Cloud State, the doormat of the NCC. Their lone win came in a 3-2 match against UNO. Perhaps the retirement of Dianne Glowatzke and the hire of Patricia Mickow will boost the Huskies out of the cellar and into the spotlight of the toughest conference in the nation. Leah Herrboldt led the team 3.26 kills and 3.16 dpg.

To make a prediction for the NCC season is about as easy as getting a kid to shut up at church, extremely difficult and you don't know how to go about doing it, but I'll try anyway.

- 1-Minnesota St.-Mankato
- 2-South Dakota St.
- 3-North Dakota St.
- 4-Augustana
- 5-North Dakota
- 6-Neb.-Omaha
- 7-South Dakota
- 8-St. Cloud St.

FROM STUDENT, PAGE 34

most recent step on this journey happened last Friday.

On a Web site created by a friend of the family to keep people updated about recent developments, Rachel's father Steve Wade wrote: "Rita, as only a mother can, got down and put her whole body next to Rachel's and hugged her and talked with her softly. Rachel cried! Her nose got red and runny and her eyes teared up for a long time - we've never seen this before."

Rita Wade said the doctors aren't sure about the long-term effects the lightning strike may have caused. All they know is that

it damaged Rachel's brain.

"They can't tell exactly how much damage it did or where it went," Wade said. "They just kind of have to wait and see."

Wade said her way of dealing with the situation is through prayer and "taking it one day at a time."

The accident happened July 25 at a Colorado Springs country club, where Rachel had spent the summer as a lifeguard. That day, she and two other lifeguards evacuated the pool when a thunderstorm approached. The three were watching the storm from a golf cart when lightning struck Rachel. The force of the

bolt stopped her heart and knocked out the other two guards.

A passer-by gave CPR to Rachel and had revived her pulse by the time the ambulance came.

Rita Wade said imagining someone she knew would ever get stuck by lightning would have never crossed her mind. Her two other children, John, 17, and Brienne, 22, are also shocked by the event, she said.

"It always seems like it's someone else," she said.

She now spends every day in the hospital with her daughter. Her job as a substitute teacher had to get put on hold for a while.

"We're trying to do

everything we can to help her respond, you know, like talk to her, rub her hands, play her favorite songs, things like that."

Many people have expressed their condolences for the family on the Web site, www.rachelwade.com, or with letters and cards sent to the family. Wade said those signs that people care mean a lot to her and her family.

"I just really encourage people to pray for Rachel, and I thank them very much for cards and notes that they're sending. We appreciate that a lot. I read those to Rachel."

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FROM VOLLEYBALL, PAGE 34

Lebeda said, "I need to create out there, give hitters options."

Consistency also seems to be an early problem, and with the first game on Saturday, the team doesn't have long to turn that around.

The Mavericks will open up the season at the Lynn University tournament August 30-31 in Boca Raton, Fla.

Even though, the Mavs are in the toughest conference, they do have the advantage of the top dogs beating up on each other, and perhaps sneaking up on a pack that is close together. Last year five teams were separated by four games.

"We want to win the rat race. Every team is good," Lebeda said. "We'd rather be the underdog."

In the exhibition, Matthes led the team with 12 kills, 26 attacks and a .423 percentage. Two-time All-American Nikki Mastny, playing for the Alumni team, led all players with 24 kills and 50 attacks. Lebeda played in three games, amassing 36 sets, while Christie Johnson notched 12 in her one game.

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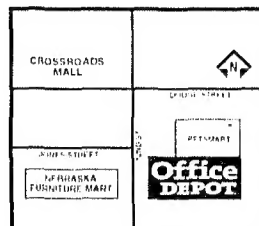
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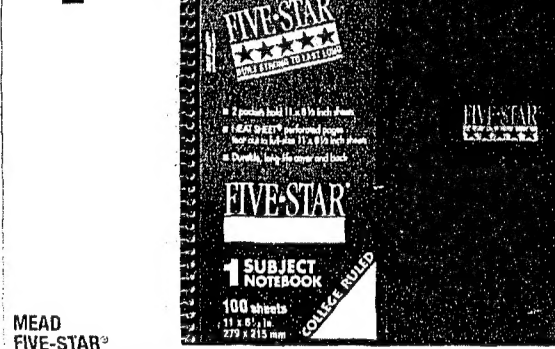


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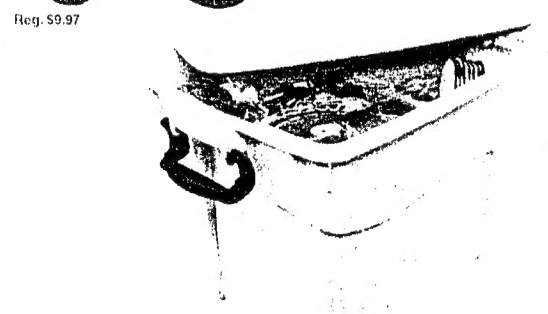
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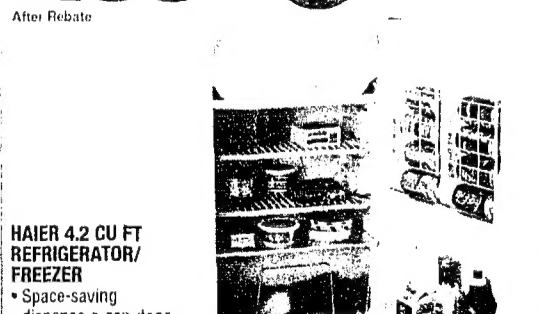
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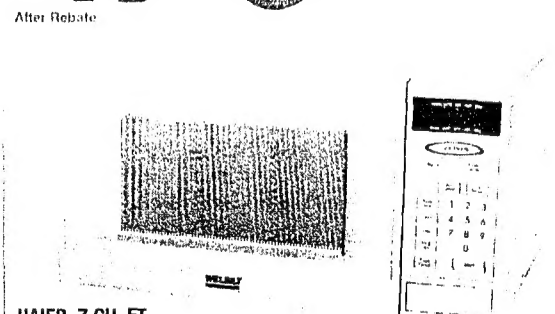
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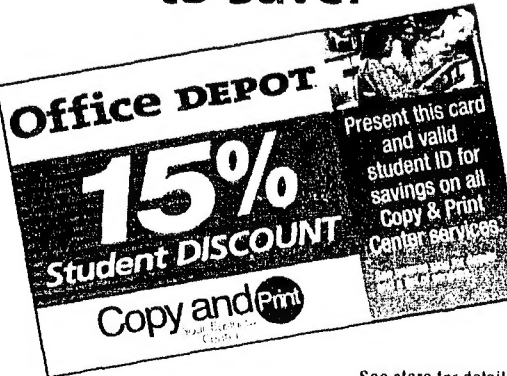
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FROM LIVE, PAGE 35

something that will go on to inspire those who read their words. Although often we go on in obscurity to the people we interview and the people who read our work, we are the messengers of dreams and the conveyors of daring to be great.

But that's also the beauty of Coach Brooks' job. He was given the ability to inspire his players to feats considered miraculous. That one night in 1980 proved the old sports adage that any team can beat any other team on any given day, but it did so much more than that. It inspired thousands of kids to take up hockey and some to become superstars, it inspired a nation to believe in the impossible, gave the country the courage at that time to not cower under the scare of the Soviets and the Cold War. It gave us a sense of national pride on the biggest and greatest stage in the world, the Olympic games, and they did it in our

FROM KEY, PAGE 29

paper.

On the other hand, here is a bit of shameful history that I must also mention. When completing my first bachelor's, I was the student who went to class, work and home. I regret I didn't get involved and know I missed out on a lot of wonderful experiences.

I am lucky however. I had the opportunity to come back to school and I learned from my mistakes. Two ever-connected events that have affected me in ways I can not begin to measure.

own New York backyard.

That night Coach Brooks and his boys defeated men and inspired everyone who watched to become great. It was more than a hockey game at that point; it was a revelation of realizing the unimaginable. And Brooks never once met most of the people he inspired.

The one thing to remember here is that you have the power to inspire thousands of people that you will never meet through your words and actions. No one will ever put into words just what that one hockey game between the USA and the USSR really meant, but the one thing no one can doubt was that it inspired a nation to believe.

In our daily lives we will come in contact with hundreds of people, some we know, some we don't. Still the impressions we make on others will show the true nature of our character. Aspire to inspire. Coach Brooks would be proud.

In January, I began on a path of involvement that has kept me happily busy and when December comes around I will be able to look back on my time here at UNO as being productive, exciting, exposed and really fulfilling.

It's not too late for anyone. Today, by the time you pick this up it'll be Tuesday, the second day of classes during welcome week where all sorts of clubs, organizations, fraternities and sororities are out in full force. If none of that peaks your curiosity, it may be time for you to begin the next big thing.

FROM PAT, PAGE 31

ago.

Category: How they spend their days off

UNO Behrns: Having daymares of former QB Kwanzi Watts, watching game film from the 1996, 1998, and 2000 conference championship teams, interviewing the team's new water boy, cursing turf-toe, teaching players how to correctly pronounce team's new offensive line coach Scott Fuchs' name (its Fooks, like books).

New Jersey Burns: "Popping stock" over photo of himself with Cup, wondering how the Mighty Ducks

ever made it to the NHL finals, worrying about another NHL lockout in the next couple seasons, trying to figure the physics of Brodeur doing the splits, wishing he could drive the Zamboni.

Advantage: New Jersey Burns, poor Maverick Behrns has had some player problem history.

So as you see, although UNO football coach Pat Behrns is a local legend in his own right, winning the Stanley Cup prevails above all. Behrns will just have to find another chalice to drink from, and soon.

FROM PLAINS, PAGE 29

home or hang out with friends, I too become nostalgic for home, which is too far from me. The time difference of Nepal is +5.45 GMT, which is more like twelve hours difference from Omaha. When I'm having my breakfast in the morning here, it's time for my family to have dinner in the night.

Whether it's me, a Nepali girl from the south Asian region of the world's map or any other students from other different parts of world; i.e. China, India, Japan, Africa, Spain etc, UNO is a huge bridge to connect the various spaces together in the atlas of the world. For thousands of students, UNO itself is like a home for all of us. All friends and professors are like a family. For me, UNO is a shrine of education; a temple for Hindus, church for Christians, a monastery for Buddhists, and mosque for Muslims. It is the gateway of education and education is the third eye of human being. Whether people come

from different regions of the world, with different cultures, social status and backgrounds, with different language and tradition, UNO unites all of them in a single thread of education. Coming here, everyone becomes equal students, regardless race, ethnicity, culture and background. Had UNO not been the wonderful and affectionate place, stretching its welcoming arms for all devotees of education, the devastating flight of 23 hours would have been worthless to come to Omaha far from the home, far from the hills and mountains to this plain. But UNO is the best university, the professors are wonderful and the studying environment is perfect. This is the reason why every year students are increasing tremendously in UNO, from all over the world.

I've happy to get my education here. I hope rest of my international friends also share my opinion about the best choice they have made coming to UNO.

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HELP WANTED

Babysitter needed for 13-month-old from 5-7 Tuesday and Friday evenings. 96th and L area. Referenced required. Call 593-7939.

"Need Servers" Lunch & Dinner. No experience necessary. Jack & Mary's Restaurant. Call 496-2090 or apply in person 639 N. 109th Ct. (Old Mill)

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Help wanted for in-home behavior therapy program working with a 6-year-old. No experience necessary. Paid training. Must be energetic and enjoy working with children. Very flexible hours year round. \$8.00/hour to start. Call 502-0730

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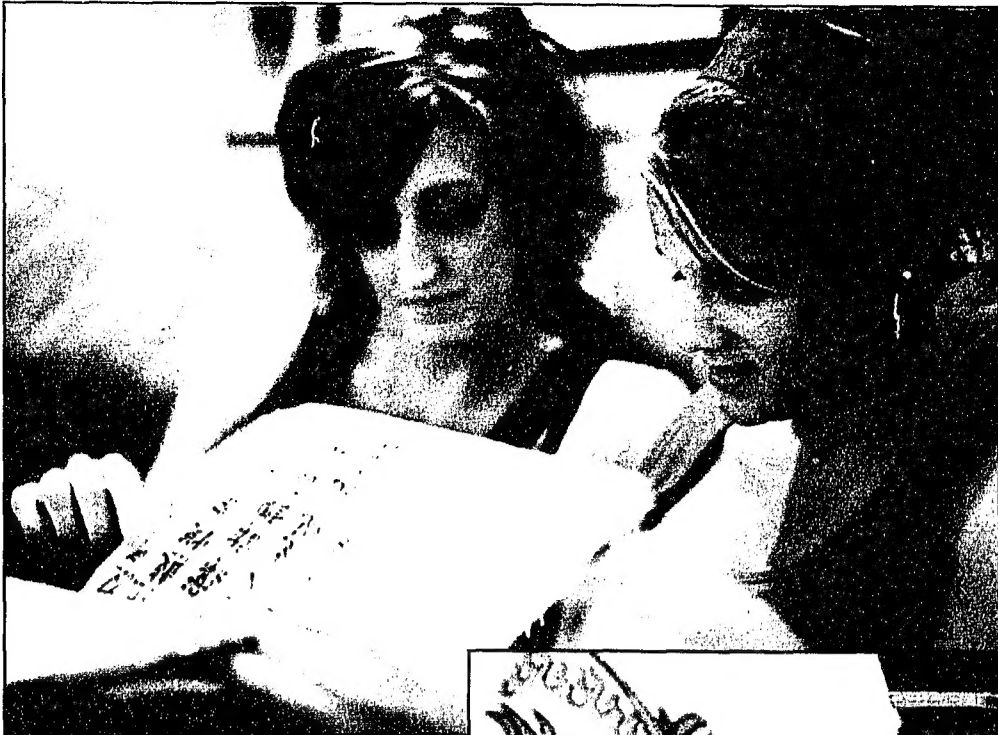
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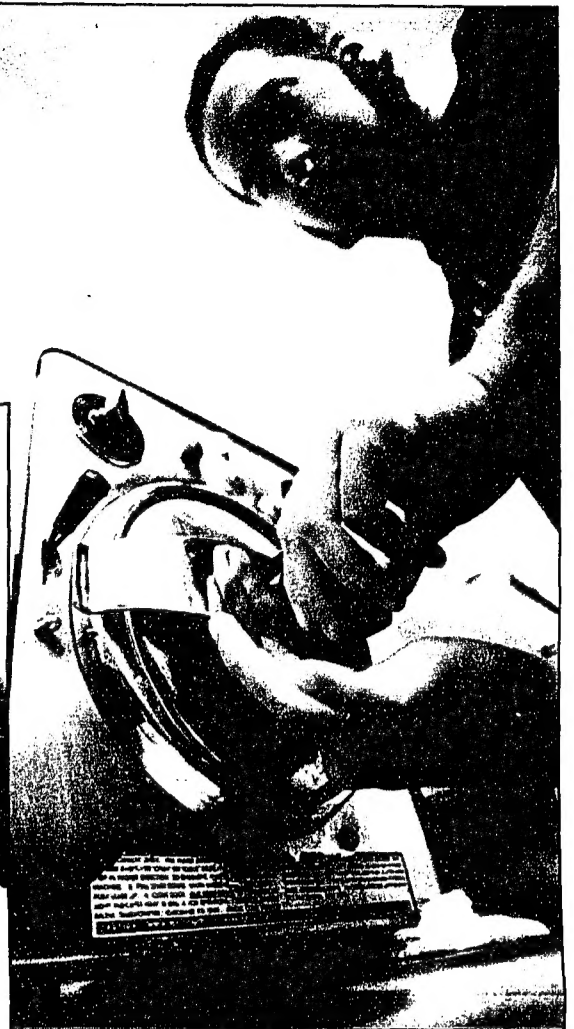
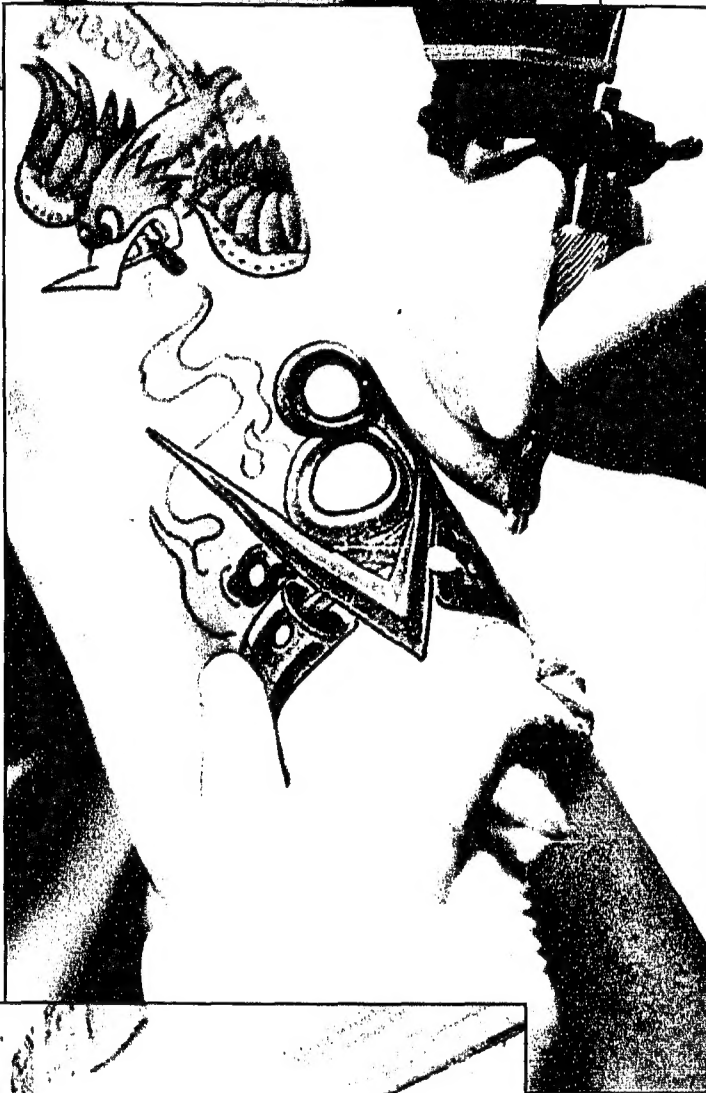
Permanent Ink



Above: Lindsey Smith and Bridget McHugh flip through pages of Chinese kanji, looking for a specific design. Big Brain Productions has many books of "flash" art that prospective clients may look through. Clients may bring in their own designs or they can work with Big Brain's artists to come up with a truly original place.



Right: Tattoo artist Chris Blinston gives Mike Mason his second tattoo from Big Brain Productions. Blinston is one of the co-owners of the tattoo and body piercing studio, which is located in the downtown old market area.



Above: John Stading prepares to open the autoclave, the final step of Big Brain's sanitation procedure. Before reaching this step, material is cleaned in an ultra-sonic bath and then scrubbed.



Above: Bridget McHugh (left) holds on tightly to Dana McIntosh's hand as Big Brain tattoo artist Scott Phillips inks Chinese kanji into McHugh's heel. Several of McHugh's and McIntosh's friends endured the needles that night, receiving matching "friendship" tattoos.

Below: Tattoo artist Lenny Renken works on Sheena Robinson's shoulder blade. Most tattoo artists will say the position of the tattoo on the body and the composure of the tattoo's recipient are two of the main factors that affect the level of pain felt while being tattooed.



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The Rice Place: Freshly prepared toppings served with your choice of rice.

Durango's Deli: Sub shop featuring Hormel meats on hoagie buns. Toaster subs including ham and cheese, BLT's, turkey clubs and Philly's. Durango's Sandwich Express features gourmet "grab and go" sandwiches as well as homemade soups.

The Kiosk: Serving continental breakfasts, bottled juice and waters, krispie bars, hot dogs, cookies, frozen yogurt, smoothies and Starbucks Coffee.

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